



2026

HAPPY NEW YEAR!

Bugbee Craft Fair 2025 by the numbers

Thank you to everyone who helped make last month's Holiday Craft Fair the best one yet! Total attendance was 594 people, a new record!

Station	Funds Raised
Bake Sale	\$1,032
Bugbee Café	\$1,127
Cookie Walk	\$719
Jewelry Bazaar	\$4,149
Sheila's Little Gifts	\$1,161
Vendor Table Fees	\$2,110
Holiday Raffle	\$4,218
TOTAL Funds Raised:	\$14,516

Volunteer Opportunity!

Our kitchen crew is seeking volunteers to help peel & cut potatoes! We serve over 80 Meals on Wheels clients in the morning, and another 40 in house at noon. This opportunity will require you to be up early on select days—when potatoes are on the menu. If this sounds interesting to you, please feel free to reach out to Susan at 802-295-9068 or susan@bugbeecenter.org.



High Stakes Bingo

Friday, January 30 at 1:00 pm

Your favorite administrator is turning 31 on January 30. Let's celebrate with High Stakes Bingo!

\$3.00 a card. 10 games. Half the proceeds benefit the Center, the other half to the Bingo pot! No registration for bingo. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Menu JANUARY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed for New Year's Day	2 Cole Slaw Baked Ham Scalloped Potatoes Broccoli Apricots
5 Cucumbers & Dip Country-Style Ground Pork Biscuit & Gravy Peas & Carrots Melon	6 Caesar Salad Spaghetti & Meatballs Mixed Vegetables Garlic Bread Berry Parfait	7 Watermelon Salad Baked Haddock Roasted Red Potatoes Creamed Spinach Cookie	8 Tomato & Cucumber Salad Meatloaf Mashed Potatoes Green Beans Dinner Roll Birthday Cake	9 Cole Slaw *NEW RECIPE* BBQ Pulled Pork Pickles Carrots Slider Roll Chocolate Mousse w/ Berries
12 Caesar Salad Clam Chowder Crackers Corn Apricots	13 House Salad Chicken & Gravy Rice Pilaf Peas & Carrots Jell-O	14 Pickled Beet Salad w/ Nuts Pork Tenderloin Sweet Potato Mash Creamed Corn No Bake Cookies	15 House Salad Beef Stroganoff on Egg Noodles Carrots Strawberry Parfait	16 House Salad C&S Pizza Melon
19 Closed for MLK Jr. Day	20 Spinach Salad Shepherd's Pie Roasted Carrots Dinner Roll Pineapple	21 Caesar Salad Tuscan White Bean Soup with Italian Sausage Cali Mixed Vegetables Toasted Bread Pudding	22 Caesar Salad Chicken Parm w/ Penne Pasta Garlic Bread Broccoli Peaches	23 Greek Salad Mac & Cheese Stewed Tomatoes Broccoli Pudding
26 House Salad Orange Chicken Rice Stir Fry Vegetables Cookie	27 Beef stew w/ Carrots, Onions, Celery, & Potatoes Broccoli Garlic Roll Jell-O	28 Pickled Beet Salad Turkey & Gravy Mashed Potatoes Stuffing Green Beans Pumpkin Stuff	29 Tomato & Cuke Salad Pesto Pasta with Shrimp Tomatoes & Mozzarella Spinach Tomato Bread Brownie w/ Fruit	30 House Salad Bacon Cheeseburger Casserole w/ Fusilli Pasta Slider Roll Peas & Carrots Applesauce

We serve lunch at noon! Reservations required. Call 802-295-9068 before 11:00 to sign up!
Suggested donation is \$6.



Activities JANUARY 2026

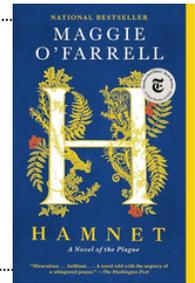
Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year!				
			1	2
			Closed for New Year's Day	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Book Club
5	6	7	8	9
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 12: Roman on the Violin 1: Card Games 1:30: Winter Seed Sowing 2: Grief & Healing Café	9: Chair Yoga-\$8 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Fiber Crafts 1: Ink Painting Class-\$15	9: Quilting 10:30: Buzz Café 1: Mahjong Lessons 1:30: Mahjong	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo
12	13	14	15	16
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 1: Painting with Christine-\$25 2: Indoor Rowing	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 1: Card Games 1: Team Trivia	9: Chair Yoga-\$8 9:30: Mahjong 10:30: Senior Fitness-\$8 1: Fiber Crafts 1: Scam Savvy	9: Quilting 10:30: Buzz Café 1: Mahjong Lessons 1:30: Mahjong 1:30: Visually Impaired Group	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: <i>New Class</i> Zentangle - \$25 1: Bingo
19	20	21	22	23
Closed for MLK Jr. Day	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 1: Card Games	9: Chair Yoga-\$8 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Fiber Crafts 1: Fraud Talk	9: Quilting 10:30: Buzz Café 1: Mahjong Lessons 1:30: Mahjong	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo
26	27	28	29	30
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 12: Lunch Tunes with Dan Roda 1: Card Games	9:30: Mahjong 1: Fiber Crafts	9: Quilting 10:30: Buzz Café 1: Mahjong Lessons 1:30: Mahjong	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: High Stakes Bingo

Community at Bugbee

Book Club - Hamnet

Friday, January 2 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 hello@bugbeecenter.org.



Grief & Healing Café

Tuesday, January 6 at 2:00 pm

The Grief Café is a shared space to witness and share the grief experience and the nurturing of healing with others in a compassionate, kind, and non-judgmental environment, sharing both joys and sorrows. We hope you'll join us as you feel so moved.

The café is offered virtually via zoom! Email hello@bugbeecenter.org or call 802-295-9068 for the zoom link. First Monday of each month at 2pm. *First Tuesday in January* Coffee/Tea available.



Welcome Lunch: Hosted by Bugbee Welcome Squad Second Thursday in January - January 8 at 11:00 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!



Connection & Communication Support Group

Thursdays from 10 to 11:30 - February 5 thru March 26

"Navigating around the negatives" Sharing Skills for Being Happy Anyway! The Golden Years can definitely throw kinks into our enjoyment of life: changes in functioning, not knowing peoples names, misplacing things, isolation, disorganization, anger, grief, regret, and fears (losing mental capacity, having enough money, getting some crippling disease). Navigating these issues, from the little to the huge ones, can be irritating, scary, or downright daunting! Sharing challenges can bring relief... and hearing how others cope can certainly help stay on the high side of joy and hope. You are cordially invited to join this connecting, sharing and uplifting group!

Jeanne Childs is a Board Certified Clinical Geriatric Chaplain. She served in that capacity at DH Aging Resource Center since it's beginning until 2018 when she retired. She continues to teach health and human spirit courses and lead support groups for Aging Resource Center and at Bugbee. Her work concentrates on helping seniors build awareness, motivation, and skills to keep themselves and their relationships healthy, positive and effective. Registration required! For more info or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Director's Corner

January, 2026

Happy New Year, Bugbee! We are looking forward to spending this year with you all.

We have a lot to look forward to in 2026...but of course, life always presents new challenges. In our case: we've got some major maintenance repairs in the kitchen that we're in the process of scheduling. We'll have to shut the kitchen for a couple weeks probably in early February. We are planning for Meals on Wheels to continue as usual and working out how we can still have lunch together. There may be a few more sandwiches on the menu than normal! Regardless, it will be a relief to get these repairs done, and we can deal with a temporary change of pace. Stay tuned!

Speaking of building projects: I'll be giving a presentation this month (Tuesday, January 6) to share where things stand with capital planning for the Bugbee facility. There are some items on the ballot for Hartford Town Meeting related to the building, so come on down. I'm happy to share what I can and to help answer your questions.

In the meantime, hopefully everyone is as settled into winter as we can be! Things get a little quieter around here during this season – but only a little quieter. Susan and Alec are keeping the calendar full, and Nick and his team are planning out some great menus.

Thank you all for being a part of making Bugbee an awesome and welcoming senior center. I can't wait to see what we are able to accomplish together this year.

Mark Bradley
Executive Director



Bugbee Capital Improvements

Tuesday, January 6 at 10:30 am

The Bugbee Building is 45 years old! Not quite old enough for an AARP membership card...but old enough that it needs some TLC. Join director Mark Bradley to learn about facility planning at Bugbee, including the upcoming LOT request going to the voters at Hartford Town Meeting in March.



Winter Tai Chi

During January, February, and March, your Tai Chi instructor Anne will only teach via zoom. You can connect from home or come to Bugbee where you can follow along on the big screen and participate with others!

Intro Tai Chi

Mondays, 9:30 am to 10:30 am

Tai chi's gentle, flowing movements are complex enough to be fascinating but easy to learn. With ample individual instruction everyone can gain the benefits—better balance, greater mindfulness, improved posture, reduced pain from arthritis, and for some folks, even better blood pressure and sleep.

Traditional Tai Chi

Mondays, 9:30 am to 10:30 am

The Advanced Forms class will continue to review and deepen Yang 24 Forms and will now begin learning Yang Cane Form. The Cane becomes an extension of your movement. Learning how to move it and move with it is a most enjoyable challenge



Arts & Crafts

@BUGBEE



Ink Painting Class with Jean Gerber

Wednesday, January 7 at 1:00 pm

In this class participants will create a mat framed Black Ink Wash Painting. This is a relaxing class based on experimenting with mark making. Instruction includes simple exercises and further guidance. No art experience is necessary. Fee is \$15 and includes all materials & instruction. Registration required. Please call 802-295-9068 or email hello@bugbeecenter.org.



Painting with Christine - Winter Barn

Monday, January 12 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! \$25 fee covers instruction and all materials. In January, paint a classic New England Barn! Take home your very own Masterpiece.



Registration required. For more info or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

Zentangle - New Class

Friday, January 16 at 1:00 pm

Zentangle is a peaceful system of structured drawing where no mistakes are possible. It's easy and fun and produces a calm, meditative state known as Zen-Flow. Join Elizabeth Sofish, Certified Zentangle Teacher, to enjoy a relaxing afternoon of stress-free fun. Fee is \$25 and includes all materials & instruction.



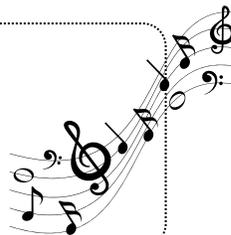
Registration required. For more info or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

Bugbee Tunes

Music with Dan Roda

Last Tuesday of Every Month - Jan 27

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



Roman on the Violin

Tuesday, January 6

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



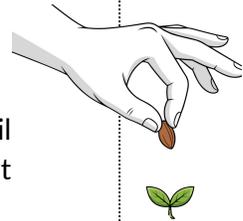
Join these two as they play during lunch. To sign up for lunch, please call 802-295-9068 or email hello@bugbeecenter.org.

Winter Seed Sowing Class

Tuesday, January 6 at 1:30 pm

Get a head start on your seeds while there's still snow on the ground. You will learn how to prepare potting soil in plastic containers to be left outside until they begin to sprout in April and May. Bring two cleanly rinsed out containers, Quart or Gallon, and any seeds you might like to start growing. A selection of seeds will be available to choose from if you don't have your own. Soil will be provided for \$1 to fill a quart container or \$2 to fill a gallon container.

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

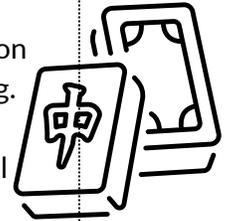


Beginner Mahjong Lessons

8 Week class on Thursdays at 1 pm - January 8 thru February 26

Have you been itching to learn Mahjong? Now's your chance! Sharon will be teaching another session of Mahjong lessons! Get to know bamboos, chicken hands, thirteen orphans, and going Mahjong.

Sign up is required and attendance of the first class is mandatory. To register, please call or email 802-295-9068 or hello@bugbeecenter.org.



Team Trivia

Tuesday, January 13 at 1:00 pm

Dust off your thinking caps, grab your friends, & have some fun! 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.



BUGBEE Talks

Speaker Series for Upper Valley Seniors

Being Scam Scavy

Wednesday, January 14 at 1:00 pm

Scammers are con men—they want to tell you a story, one that will end up with your money in their pocket. Dave Smith of Norwich will review the latest scams with us, from “ghost tapping” to SIM card swaps. The criminals are counting on you not recognizing their newest schemes. Come hear what we need to watch out for today and tomorrow! No registration required.

Fraud Talk

Wednesday, January 21 at 1:00 pm

Join the Fight Against Medicare Fraud! Senior Medicare Patrol is ready to empower you with the info you need to Prevent, Detect, and Report potential Medicare fraud. Learn about signs of potential Medicare fraud. No sign up required!



Weekly Activities

Check out these weekly activities! Guaranteed there's something for you!

Mondays:

- Tai chi at 9:30 & 10:40
- Monday Mahjong at 9:30
- Bridge at 10:00 am
- Boggle at 1:00 am
- Monday Bingo at 1:00 pm
- Indoor Rowing at 2:00 pm

Thursdays:

- Quilting at 9:00 am
- Bugbee Buzz Café at 10:30 am
- Thursday Mahjong at 1:30 pm

Tuesdays:

- Yoga for Men at 8:30 am
- Yoga Fusion at 10:00 am
- Hand and Foot at 1:00 pm
- Cribbage at 1:00 pm

Wednesdays:

- Wednesday Mahjong at 9:30 am
- Fiber Crafts at 1:00 pm
- *Select Wednesdays*
- Foot Clinic - registration required
- Computer & Tech Help -registration required
- Senior Fitness at 10:30 am

Fridays:

- Friday Mahjong at 9:30 am
- Chair Yoga at 10:00 am
- Friday Bingo at 1:00 pm

In addition to these weekly activities, there are painting classes & BugbeeTalks on interesting subjects every month! Unless otherwise noted, these weekly activities are drop in. For more information, please call 802-295-9068 or email hello@bugbeecenter.org. Hope to see you in the New Year!



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