



Bennington Project Independence

Adult Day Service

October 2026

*Celebrating
48 years
of service in our
community*

Pumpkins, Smiles and Fall Fun at BPI



BPI Staff, Courtney S. and Member, Virginia I. enjoy apple picking in the small orchard at BPI



BPI Staff Members, Tiffany H., Dan L., Tori T., and BPI member, Donna R., show off with their 50's attire. **Thank you Transportation Coordinator, Jenn F.** for bringing this wonderful 1950's Chevy pickup truck to BPI's Sock Hop!

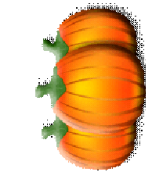
Join us this October where you can enjoy:

- Good Times with Old Friends and New
- State-of-the-Art health care
- Delicious and Nutritious home made meals
- Peace of Mind during the day, for you and your loved one

The Pumpkin spice was extra spicy sorry there was no September newsletter!

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October 2026

☞ Snacks Served With
8oz 1% Milk or
100% Juice

☞ Lunches Served
with 8oz 1% Milk

Monday		Tuesday		Wednesday		Thursday		Friday		
 Bingo Mondays at 1:15 pm and Fridays at 10 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up		OPEN ART STUDIO TUESDAYS & FRIDAYS  BIBLE STUDY w/DAN THURSDAYS 10-11AM		Daily: ☞ Coffee Social ☞ Brain Games ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!		☞ The Monthly Gazette ¹ ☞ The Feast of Booths: Sukkot ☞ Crafters' Club Breaded Pork Chops, Mashed Potatoes, Green Beans, Wheat Roll, Mandarin Oranges, Milk		Oktoberfest²  Hot Dogs w/Peppers & Onions or Sauerkraut, German Potato Salad, Red Cabbage Cole Slaw, Peaches, Milk		
	4	☞ Three Strikes Dice Game ☞ Park McCullough Tour ☞ Food for Thought Macaroni & Cheese, Broccoli, Stewed Tomatoes, Wheat Bread, Apple Betty, Milk	5	☞ BPI Community Meeting ☞ Drumming w/Olivia ☞ Caption This Chicken Parmesan, Spaghetti & Sauce, Asparagus, Wheat Bread, Melon Mix, Milk	6	☞ Apple Target Shoot ☞ Scouting Out October Trivia ☞ Manicures Roasted Turkey, Homemade Stuffing, Brussel Sprouts, Butternut Squash, Wheat Bread, Peaches, Milk	7	☞ Pumpkin Baseball ☞ Reminiscent Corner Travel Brief: Check Out the Czech Republic Salisbury Steaks, Mashed Potatoes, Carrots, Wheat Roll, Fresh Fruit Mix, Milk	8	☞ Animal Feature: Lovable Lemurs ☞ Star of The Month: Kate Winslet ☞ Bakers' Corner Lemon Caper Fish, Rice Pilaf w/Veggies, Broccoli, Wheat Roll, Pears & Grapes, Milk
	11	☞ Indigenous People's Day ☞ Earth, Air and Ease w/Cabil ☞ Canadian Thanksgiving Spaghetti & Meatballs, Garlic Green Beans, Wheat Roll, Tropical Fruit, Milk	12	☞ Dollar Store Trip ☞ What Am I? ☞ Exercise & Wellness: Warm Up Chicken Salad Wrap, Split Pea Soup w/Crackers, Pickled Beets, Mandarin Oranges, Milk	13	☞ Current Events ☞ Bobbing for Apples ☞ Jewelry w/Rachel 3 Cheese Pizza, Side Salad w/Apple, Garlic Bread, Peaches, Milk	14	☞ Team Word Challenge: Idiom Builders ☞ The Daily Chronicle ☞ Autumn Chores Chicken Tenders, Creamy Coleslaw, Broccoli, Wheat Roll, Peaches, Milk	15	☞ Autumn Leaf Scavenger Hunt ☞ Chime Categories ☞ The Story of Scouting: England to the USA Stuffed Cabbage Casserole, Mashed Sweet Potatoes, Wheat Bread, Pineapple, Milk
18	☞ Pumpkin Bocce ☞ Riddle Me This ☞ Pondering Prompts: Kitchen Objects Spinach Quiche, Mashed Sweet Potatoes, Oven Baked Home fries, Wheat Roll, Fruit Cocktail, Milk	19	☞ Photographic Memory ☞ Jeopardy Trivia ☞ Therapy Dog Visits Chef Salad w/CROUTONS, Garlic Knots, Pineapple, Milk	20	☞ Lifelong Learning: What's Your Verdict ☞ Pumpkin Patch Trip ☞ Ray Gifford Concert Sloppy Joes, Baked Beans, Broccoli Salad, Tropical Fruit Mix, Milk	21	☞ Play Me A Scale ☞ Surprising Sports Scouting Stories ☞ Bible Study Beef Tips over Mashed Potatoes, California Mixed Vegetables, Wheat Roll, Mandarin Oranges, Milk	22	☞ The Good Old Days: Bits & Pieces ☞ Word Mining Game ☞ Candy Corn Ring Toss Turkey Casserole, Butternut Squash, Broccoli, Wheat Bread, Pears & Peaches, Milk	
25	☞ W'ii Bowling ☞ Short Stories: Big Hearts in a Small Town ☞ Mindful Movements w/Rachel Chicken Gumbo, Rice on the Side, Roasted Vegetables, Wheat Bread, Fresh Fruit, Milk	26	☞ Guided Meditation ☞ Concentration Puzzle ☞ Believable or Batty Game Meatloaf w/Gravy, Mashed Potatoes, Parsley Carrots, Wheat Roll, Peaches, Milk	27	☞ Pumpkin Carving Party ☞ BPI Sing A Long ☞ Picture This Baked Ham, Mashed Sweet Potatoes, Asparagus, Wheat Roll, Pineapple & Cherries, Milk	28	☞ Apple Barn Trip ☞ Yoga w/Jane ☞ Patty K. Performs Tuna Sandwich, Broccoli Cheddar Soup w/Crackers, 3-Bear Salad, Pears & Grapes, Milk	29	☞ BPI Spooky Halloween (wear a costume if you'd like)  Chilling Chili, Sweet Potato Fries, Corn Bread, Mandarin Oranges, Milk	

October Activity Highlights

BPI's Activity Coordinator, Shelagh Muckle



Fall has officially arrived, and our calendar is packed with seasonal celebrations, exciting outings, and engaging activities to keep everyone warm and connected as the leaves change.

We kick off the month by celebrating cultural traditions and community fun. On **Friday, October 2nd**, get ready for our **Oktoberfest celebration**, followed closely by a scenic **Park McCullough Tour on Monday, October 5th**. Throughout the first full week, you can also look forward to unique activities like Drumming with Olivia and our Apple Target Shoot.

Mid-month brings plenty of opportunities for learning and local exploration. We will celebrate **Indigenous People's Day and Canadian Thanksgiving on Monday, October 12th**. For those looking to get out and about, we have a **Dollar Store Trip planned for Tuesday, October 13th**, followed later in the month by two quintessential fall outings: a trip to the **Pumpkin Patch on Wednesday, October 21st**, and a visit to the **Apple Barn on Thursday, October 29th**.

Of course, it would not be October without plenty of pumpkin-themed fun and Halloween spirit. Join us for Pumpkin Baseball, Pumpkin Bocce, and our highly anticipated **Pumpkin Carving Party on Wednesday, October 28th**. Finally, we will close out the month with our grand finale: the **BPI Spooky Halloween Extravaganza on Friday, October 30th**. **Costumes are always welcome!** Be sure to check the daily schedule so you don't miss a single moment of Fall fun!

This is just a sample of the fun festivities coming to BPI in October. Join us for good times, great activities, and much, much more!



Congratulation to Tiffany Holland, LNA Activity Assistant for 25 years at BPI!

Thank you for sharing your playful attitude and keeping it Fun!



October Birthdays

- Terry V. - 10th
- Jeanne C. - 14th
- Elaine O. - 21st
- Loretta B. - 26th
- Beverly B. - 29th
- Donna R. - 31st

October Anniversaries

- Bill and Cheryl Harrington- 16th

BPI Members & Caregivers

are invited to a
Vaccine Clinic at BPI

October 15th, 2026



9 am -12 pm

Please bring your insurance card

If you have any questions please call
Autumn, RN, BPI's Health Coordinator
at BPI, 802-442-8136



Celebrating Driver Appreciation Week

BPI Drivers are essential to our program. They each provide safe and reliable transportation. Some activity assistants are also backup drivers. (left to right) Transportation Coordinator, Jen F., Drivers, Joe G. and Linda D. (not pictured) Activity Assistants, Megan C., Courtney S., and Lee K.



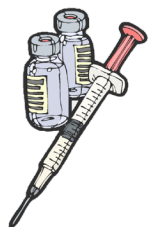
**Bennington
Project
Independence**
Adult Day Service

Join us at BPI

Thursday, October 15th, 2026

12:00 pm -2:00 pm

for Free Community Health Day



Sponsored by the SVCOA

- Health Screening and Vaccines
- Local Resources & Support
- Free Lunch
- Everyone is Welcome

*For more information, please
call BPI at 802-442-8136*

*Empowering older Vermonters to
age with dignity, independence &
quality of life*

Carry Kindness Home

Take home a bag that gives back.

Our organization will receive \$1 for every \$2.50 reusable Community Bag purchased at our selected Hannaford this October. Together, everyday choices can make a meaningful difference in our community.

Benefiting Organization:

**Bennington Project Independence
Adult Day Service**

At the Following Store:

Bennington Hannaford
141 Hannaford Square #2



BPI's Lucky Raffle Basket Tickets on Sale!



Lottery Tickets!

\$1 each or \$5.00 for 6

Tickets are for sale at BPI or to purchase online

www.bpicares.org

Meet BPI's Newest Staff



Autumn Dorman, RN

I first was introduced to BPI in 2013, when I interned with my graduating class from VT Tech. After graduating, I returned to BPI as a Health Assistant to Amy, our former RN Health Coordinator. We have worked closely together in many different capacities over the years.

In 2022, I was re-affiliated with BPI as a Caregiver, my loved one needed BPI services. With the unexpected challenges that comes with caregiving, I was grateful for the services BPI had to offer and the support I was given as a Caregiver.

As BPI's Health Coordinator,
I understand how important our mission is and I am very happy to be joining such an amazing team.

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Susan Senecal

I am very thankful to have this opportunity to join BPI's team. I have been lucky to work with Gina as a community partner over the years in my various positions. I have 24 years of experience in working in the social service field. You may recognize me from at SVCOA, VNAHSR and SVMC Blueprint program helping people obtain services they are eligible for.

Now as a part of BPI's amazing team, I invite you to come in for a complimentary day, and see what fun and amazing activities, and other services we offer.

Complimentary Visit

You are invited to join us at
Bennington Project Independence,
Adult Day Service
for a full or half day at *no charge*.

*Contact Susan Senecal at (802) 442-8136,
to arrange your visit!*



On Saturday, September 19th, **Bennington Project Independence** and fifty-one other local community organizations were recognized for the work they do to enrich the lives of our Bennington community members during the **Tree of Gratitude Celebration**. All of us at BPI would like to thank everyone who nominated us and made this wonderful event such a success.

Pictured next to the tree of Gratitude, accepting the leaf on behalf of everyone at BPI is (left to right) Beth Hardesty (Board Member); Linda Putney (Board Member); Rep Mary Morrissey (Board Member); Kathleen Cichnowski (Board Member); and Melissa Stemp (Program Manager and Social Worker).

A Special Thank you to Coggins of Bennington for Sponsoring the Coggins Classic Tournament and helping raise money for our mission



Thank you to RCS Team for being our Gold Sponsor for Coggins Classic/BPI Tournament



Congratulations to ACV Auction Team
on being this years Coggins Classic/
BPI Tournament winners! Hunter Jurkovac and Marc Stein (not pictured) Austin Pudvar and Ryan Howard



BPI Member, Cheryl C, showing her sister the beautiful art work she made in collaboration with the Vermonts Art Exchange VAE



Pat S. with the wonderful pieces of Art she made. **All the members spectacular art work is still on display for a limited time at BPI.** If you would like to see it, please give us a call. 802-442-8136

Exciting News from the Art Therapy Corner!

Every year, Bennington Project Independence has the privilege of sharing our members' creativity with the greater community through our annual art show. In past years, our members' artwork has been displayed at wonderful local venues, including Bennington College and the Bennington Museum.

This year, we're taking things a step further with **TWO community art shows!** We couldn't be more excited to share our members' talents in new spaces and with new audiences.

One of these exciting opportunities comes through a new partnership between **Bennington Project Independence and Southern Vermont Medical Center's Transitional Care Services Program.**

The Transitional Care Services Program helps patients connect with primary care providers and other community resources following a hospitalization at SVMC. Through this partnership, the program will proudly display artwork created by BPI members in its office.

We're calling this new initiative the **Bennington Project Independence Bridge Program**—a bridge connecting our members, their creativity, and the wider community.

Our hope is that the artwork will do more than brighten the walls. We hope it will **spark curiosity, create connections, and introduce patients to the welcoming community here at BPI.** We're always excited to welcome new faces and share the many opportunities our program has to offer.

And there's even more to look forward to!

We'll be celebrating this partnership with a **reception at Southern Vermont Medical Center in October.** We'll share the date and details soon, so **stay tuned!**

We're incredibly proud of our talented members and grateful for the opportunity to share their creativity with our community.



Strength in Connections Monthly Caregiver Gathering

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie.

The September meeting will be held on **Wednesday, October 21st, at 1:00 p.m.**

Please call (802) 442-8136 or e-mail melissa.stemp@bpicares.org for more information.

Thank you to the

VT State Representatives and Senators who joined us for the Legislative Breakfast, and **BPI's Board of Directors'** for hosting the event!



Autumn Fun 2026 Scrapbook



The 50's Sock Hop at BPI was a Blast!

Everyone enjoyed the live music, 50's activities and all the cool cats and kittys dressed up for the fun (left to right) Courtney S., Megan C., Tiffany H., Shelagh M., Lee K., Megan L., Tori T., and Dan L.



The "Pink Ladies", BPI Staff, Tiffany H., Member, Donna and Sonya (Donna's Daughter) dressed up like the famous Pink Ladies from the movie "Grease"



BPI Staff Tiffany H., and Member Andy R., cutting the rug to music performed By Woody Stroebeck and his band mates



This year we are picking apples from our own trees at BPI. Members, Andy R., reaches for the hard to reach apples, while Staff Courtney collects them for baking.



BPI Member, John K., and Staff, Courtney S. shooting a friendly game of pool.



BPI Staff, Joe G., and Tiffany help pick apples with members Larry T. and Cheryl C.. our halls were filled with the aroma of Apples baking for many days at BPI. The delicious baked goods were enjoyed by all!



Bennington Project Independence

Adult Day Service

614 Harwood Hill - Route 7A

P.O. Box 1504

Bennington, VT 05201

PRESORT STANDARD

U.S. Postage Paid

BENNINGTON, VT

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(Check one) Please ADD or DELETE my name to/from the mailing list for the BPI Newsletter:

Name: _____

Address: _____

☐ Please check this box if you would like to receive additional literature about our services and how Bennington Project Independence, Adult Day Service can assist to share the care.

☐ Please add a new BPI friend to your mailing list:

Name: _____

Address: _____

Mail to:

Bennington Project Independence
P.O. Box 1504
Bennington, VT 05201

Organizational Affiliations:

Bennington Project Independence is approved annually by the Vermont Department of Aging and Disabilities and complies with all the state standards for adult day care. BPI is a certified Veterans Administration Adult Day Health Center. In addition, BPI is a member of the following:

- National Adult Day Services Association
- Vermont Association of Adult Day Services
- Bennington Area Chamber of Commerce
- National Family Caregiver Association

Editors Note:

If you are not currently on our mailing list and would like to receive our monthly newsletter or you know of someone who would enjoy receiving our newsletter, please send in the form enclosed or call BPI at (802) 442-8136. (If you are a caregiver and feel that someone you care about would enjoy learning more about our services, you may sign them up to receive the newsletter temporarily.)