



**Bennington  
Project  
Independence**  
Adult Day Service

**February 2026**

*Celebrating  
48 years of service  
in our community*

## What Makes the Sweetest Gift?



**...A gift from the heart  
Like a Membership to BPI!**

**Our program includes**

- ♥ *Engaging, meaningful and fun activities*
- ♥ *Compassionate Care*
- ♥ *Conversation and Laughter*
- ♥ *Peace of Mind for You and Your Loved One*

BPI Staff, Tori T. celebrates BPI Member, Andy R.'s Birthday.

*Did you know each of our Members receive a special cake on their Birthday?*

Call Gina at BPI  
to schedule a visit!  
(802) 442-8136

### **BPI Mission Statement**

To provide safe, caring and exceptional Adult Day Services that will offer meaningful, individually tailored programs and care designed to enhance the dignity, independence, joy and quality of life of older persons, younger adults with disabilities, provide support and respite for their families and caregivers and serve as an informational resource for our communities.

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☞ Lunches Served with 8oz 1% Milk



# February 2026



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

## Monday

1 ☞ Groundhogs Day  
☞ Black History Month  
☞ John Williams: Maestro of the Movies  
Lasagna, Garlic Buttered Asparagus, Italian Bread, Diced Peaches, Milk

2 ☞ Olympic Torch Relay  
☞ Superbowl Verdicts  
☞ BPI Winter Olympics  
Pepperoni Pizza, Side Salad, Cottage Cheese, Garlic Knots, Sliced Peaches, Milk

15 BPI Closed  
Presidents Day

22 ☞ A Rocky Senior Year  
☞ Mindful Movements  
☞ Virtual Tour: Snowy Landscapes on Everest  
Chicken Parm over Noodles, Cooked Spinach, Wheat Rolls, Peaches & Pears, Milk

Daily:  
☞ Coffee Social  
☞ Brain Games  
☞ Stretch for Health  
☞ Current Events  
☞ Music  
☞ Fun!

## Tuesday

3 ☞ Jeopardy Trivia  
☞ Drumming w/Olivia  
☞ Hair raising Hair Dresser Tales  
Chicken & Gravy, Mashed Potatoes, Green Beans, Whole Grain Rolls, Apple Crisp, Milk

10 ☞ Bakers' Corner  
☞ Finish the Lyric  
☞ Therapy Pets Visit  
Spaghetti & Meatballs, Mixed Beans, Italian Bread, Fruit Cocktail, Milk

17 BPI Mardi Gras Celebration   
Chicken Gumbo, Sweet Potato Fries, Wheat Bread, Banana Foster, Milk

24 ☞ Healing Ways  
☞ Slippery Slope Competition  
☞ Alphabetically Around the World  
Chili, Homemade Cornbread, Roasted Potatoes & Onions, Mandarin Oranges, Milk

OPEN ART STUDIO  
TUESDAYS & FRIDAYS  
  
BIBLE STUDY w/DAN  
THURSDAYS 10-11AM

## Wednesday

4 ☞ Kirtan Kriya  
☞ Jewelry w/Rachel  
☞ Lifelong Learning: The Beautiful and the Bold  
Grilled Turkey & Cheddar Sandwich, Vegetable Soup w/Crackers, Fator Tots w/ Ketchup, Pears & Grapes, Milk

11 ☞ Current Events  
☞ Lovable Lovebirds  
☞ Hidden Hat Hijinks  
Marinated Pork Chops, Mashed Potatoes w/Gravy, Carrot Coins, Wheat Rolls, Tropical Fruit Mix, Milk

18 ☞ Manicures  
☞ Riddle Jumble  
☞ What's Your Verdict: Amusement Park Lawsuits  
Turkey Pot Pie, Buttered Carrots, Wheat Bread, Peaches, Milk

25 ☞ BPI Humor  
☞ Star of the Month: Sidney Poitier  
☞ Exploring The Civil Rights Movement  
Chicken Patties on a Bun w/Lettuce & Tomato, Homemade Coleslaw, Cinnamon Apples, Milk

BPI'S SUNRISE BREAKFAST  
THURSDAY, FEBRUARY 19TH  
7:45AM - 9:00AM  
PLEASE RSVP BY FEBRUARY 9TH IF YOU WOULD LIKE TO ATTEND

## Thursday

5 ☞ February Trivia  
☞ Crafters' Club  
☞ Travelogue: Exploring Singapore  
Cowboy Quiche, Butternut Squash, Brussel Sprouts, Wheat Rolls, Chocolate Chip Cookies, Milk

12 ☞ Wii Bowling  
☞ Daily Chronicle  
☞ Decoding Winter Sports  
Tacos w/Lettuce, Tomato & Cheese, Black Beans & Rice, Pineapple Tidbits, Milk

19 BPI's Sunrise Breakfast  
☞ Minute to Win It: Rope Tow Engineer  
☞ Bible Study  
Fish on a Bun, French Fries, Broccoli, Fruit Mix, Milk

26 ☞ Yoga w/Jane  
☞ Patty K. Concert  
☞ Guided Meditation  
Chef Salad, Wheat Bread, Pineapple & Cherries, Milk

BINGO  
Mondays at 1:45 pm and Fridays at 10 am  
In-Person and Virtual  
Contact Shelagh 802-442-8136 to sign up

## Friday

6 ☞ Table Topics  
☞ The Monthly Gazette  
☞ Health is Wealth: Being Fit and Factual  
Macaroni & Cheese, Stewed Tomatoes, Cauliflower & Pimientos, Wheat Bread, Mandarin Oranges, Milk

13 ☞ Presidents' Day  
☞ Love Songs & Traditions  
☞ Valentine's Day Celebration   
Marry-Me Chicken over Tortellini Pasta, Broccoli Florets, Strawberry Short Cake, Wheat Bread, Milk

20 ☞ Ramadan  
☞ A Biathlon Challenge  
☞ The Legacy of Sweet Potato Pie  
California Casserole, Roasted Brussel Sprouts, Wheat Bread, Mandarin Oranges, Milk

27 Lunar New Year   
Sweet and Sour Chicken over Rice, Stir Fry Vegetables, Wheat Bread, Oranges and Pineapple, Milk

BINGO  
Mondays at 1:45 pm and Fridays at 10 am  
In-Person and Virtual  
Contact Shelagh 802-442-8136 to sign up

Meals and snacks are planned in accordance with USDA guidelines. This institution is an equal opportunity provider.

## February Activity Highlights

Welcome to the February edition of our monthly newsletter! This month is packed with engaging activities, special events, and opportunities for learning and fun. We are embracing the spirit of the season with our very own BPI Winter Olympics and celebrating important cultural holidays, all while focusing on community and well-being and fun.

### Black History Month:

We continue our "Putting the Past in Order" series to honor Black History Month, exploring significant moments, stories, and people throughout February. Join us for related discussions and activities, including exploring historic places of Civil Rights Movements on **Tuesday, February 25th**.

### Winter Olympic Excitement:

BPI Winter Olympic spirit is in full swing!

**Monday, February 9th**, marks the start of our own **BPI WINTER OLYMPICS**, featuring competitive and fun events like ice hockey, curling, and an Alpine Ski Jump simulation.

Test your sports knowledge with "Decoding Winter Sports" on **Thursday, February 12th**.

We'll also have a "Biathlon Challenge" on **Friday, February 20th** and a "Slippery Slope Competition" on **Tuesday, February 24th**.

### Valentine's Day & Special Celebrations:

Love is in the air! Join our **Valentine's Day** celebration on **Friday, February 13th**, complete with love songs, traditions, and "Lovable Lovebirds" discussions. We'll also mark **Mardi Gras** on **Tuesday, February 17th** and celebrate **Lunar New Year** on **Friday, February 27th** with festive activities.

### Health & Wellness:

We are committed to helping you feel your best.

"**Health is Wealth: Being Fit and Factual**" on **Friday, February 6th** will provide valuable insights into maintaining a healthy lifestyle.

Enjoy rejuvenating sessions with "**Yoga with Jane**" on **Thursday, February 26th** and "Mindful Movements with Rachel" on the **Monday, February 23rd**.

"Therapy Pets Visit" on **Tuesday, February 10th** is a wonderful opportunity for some furry companionship and stress relief.

### Lifelong Learning & Creativity:

Expand your horizons and explore your creative side.

"Lifelong Learning: The Beautiful and the Bold" on **Wednesday, February 4th** offers engaging educational content.

Travel virtually with our "Travelogue: Exploring Singapore" on **Thursday, February 5th** and a virtual tour of "Snowy Landscapes on Everest" on **Monday, February 23rd**.

Be creative with "Jewelry with Rachel" on **Wednesday, February 4th** and "Crafters' Club" on **Thursday, February 5th**.

We look forward to seeing you at these events and more this February, a memorable month! - Join us

### February Anniversaries



- Patti & Mike S. - 3rd



### February Birthdays



- Edna P. - 5th
- Helen P. - 5th
- Neil K. - 14th
- Chris B. - 21st
- Emily R. - 24th

### Reminder!



**BPI will be closed on  
Monday, February 16th  
for President's Day**



### Strength in Connections Monthly Caregiver Gathering



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

The February meeting will be held on **Wednesday, February 18th, at 1:00 p.m.**  
Please call (802) 442-8136 or e-mail  
[melissa.stemp@bpicare.org](mailto:melissa.stemp@bpicare.org)  
for more information.

## New Years Resolutions

Almost everyone has made a New Year's resolution to eat healthier at some point, and here at BPI, we want to help make you realize you can eat that way every day with us. BPI follows the Child and Adult Care Food Program (CACFP) and Council on Aging (COA) program, which provides guidance for balanced and nutritious eating. CACFP/ COA meal patterns encourage healthy portion sizes and a good balance of essential vitamins and nutrients. By following CACFP and COA guidelines, the adult programs can support our members here at BPI as they move out of the holiday season and build healthy habits that last well beyond the new year.

A healthy favorite here at BPI is our yogurt parfaits, especially when we use fresh fruits!

It's high protein, a good source of calcium, naturally sweet with no added sugar, and easy to make!

### Ingredients (1 serving)

- ½ cup low-fat or fat-free plain yogurt
- ¼ cup fresh or frozen berries (thawed if frozen)
- Optional: sprinkle of whole-grain cereal or oats

**When we choose to eat better, we feel better!**



**Congratulations to Chelsey B., BPI's Nutrition Coordinator for 10 years of service at BPI!**



## National Activity Professionals Week

BPI's exceptional Activity Staff are creative, patient, and caring. They always try to include everyone, by encouraging participation and laughter. They help build friendships and make being at BPI positive and welcoming.

(left to right) Activity Coordinator, Shelagh M., and Activity Assistants, Lee K., Tiffany H., Dan L., Tori T., Megan L., and Megan C.

Join us on

**February 19, 2026**

for a

***BPI Sunrise Breakfast***

**7:45 am until 9:00 am**

We will be serving  
Western Egg Bake, Sausage, Assorted Muffins, Fresh fruit, Orange Juice, Hot Coffee and Tea.

Please confirm your reservation  
by Monday February 9, 2026

802-442-8136

## Memorial Gifts

Memorial gifts to Bennington Project Independence celebrate and honor someone's life by helping others.



### ☞ **Adrian Beukenkamp**

- Elizabeth Beukenkamp-Delsing

### ☞ **Blanche Grillo**

- Leslie Bayetis



## A Very Special Thank you to The Congregational Church of North Bennington

for your generous support of our  
Program



Thank you to Mr & Mrs. Waterman  
for your generous donation to our  
Holiday Fundraiser



## Thinking of Spring!

Wishing for green grass and warm sunshine?  
Here's something to look forward to!

**BPI's 13th Annual Golf  
Tournament is  
Sunday, June 6th, 2026**



More information to come...

## Honorary Gifts

### ☞ **Gina Anzivino**

- John & Karen Ahearn

### ☞ **Tammy Heaton**

- RK Miles

### ☞ **Amy St. Onge**

- Julie McKee

## Operational Gifts

- |                       |                                |
|-----------------------|--------------------------------|
| • Bernard Bandman     | • Candace Parks                |
| • Lora & Robert Block | • Linda Putney                 |
| • Brian Dziengiel     | • Graciela Seeger              |
| • Maru Leon           | • St. Peter's Episcopal Church |
| • Ned Mulligan        |                                |

If you would like to donate to BPI, please use the QR code below or you can send a check directly to BPI.



Thank you for your support!

## Follow us on:

**Facebook:** Bennington Project Independence  
Adult Day Service

**Website:** [www.bpicares.org](http://www.bpicares.org)

**Instagram:** (Bennington Project Indep)  
#bpiads

**YouTube :** BPI or Bennington Project  
Independence

Would you like to make a difference in someone else's life?  
*Become a volunteer at BPI*

Here are just some of our opportunities available:

- ♥ **Activity Aide:** Assisting Activity Staff to provide a range of interesting activities while helping BPI Members participate and have fun.
- ♥ **Kitchen Helper:** Assisting Nutrition Staff provide healthy and delicious meals by setting up dining rooms, helping with service, and clean up after lunch. Bonus - free lunch is included
- ♥ **Foyer Helper-** Helping escort members from various activities to the Foyer for their transportation home. Assisting with coats and personal items as needed. Must be able to push a wheelchair and walk independently with people.

Contact us today at 802-442-8136 or email: [info@bpicares.org](mailto:info@bpicares.org)

*“ I have been a volunteer at BPI since last fall, and this has been a very rewarding experience. The opportunity to meet and get to know many kind and wonderful people, both employees and the members they serve, is great. I have been warmly welcomed as part of the team and enjoy the many projects that I work on here. As an administrative volunteer I do not work directly with the members daily but have got to know many as we work on some projects together. I am honored to be part of BPI team and appreciate all I get in return.”*

RSVP Volunteer



BPI Volunteer, Jean M. assisting BPI Member, Barb A. with Jewelry making on Mondays.



BPI Member, Robert M. and BPI Volunteer, Nova are putting a puzzle together. Did you know we have multiple puzzle tables to enjoy throughout BPI?



BPI Volunteer, Ron H. and BPI Member, Frank H. enjoy conversation and laughs while Ron volunteers on Mondays.

# January Scrapbook



**Congratulations to the Winners of BPI's Winter Soup Cook off with Corn Chowder.** BPI Members, Ruby C., and Wilma P., along with BPI Staff Lee K. and Megan C.



BPI Member, Andy R. and BPI Art Therapist, Kaye Shaddock proudly showing off the Tiger Scene Shadow Box that Andy made in Open Art Studio. This is only one of the many life-like models Andy has made at BPI.



BPI Members, Tiffany C. & Jeanne C. paired up with BPI Staff, Megan L. to make their soup entry for BPI Winter Soup Cook off.



BPI Member, Chris B. creates beautiful illustrations while at Open Art Studio.



BPI Staff, Tori T., and Member, Terry W. had lots of fun and laughter making their soup for the cook off.  
**Thank you to all who participated!**



BPI Member, Pat S. helped make seasonal decorations that will be used when we party  
**BPI Style!**



Bennington Project Independence  
*Adult Day Service*

614 Harwood Hill - Route 7A  
P.O. Box 1504  
Bennington, VT 05201

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Name: \_\_\_\_\_

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\_\_\_\_\_

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
- Tri-State Learning Collaborative on Aging

**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 enclosed form 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.)