



Bugbee Bulletin

Volume 2024, Issue 8
August 2024

Published monthly by
White River Council on Aging
262 North Main Street
White River Junction, VT 05001
802-295-9068
bugbeecenter.org



AUGUST 15-21

Sign up, or find info,
schedule, & venues:
802-295-9068
BugbeeCenter.org/games



Aging is a dynamic process that leads to new aspirations. Aspire to age well in the Upper Valley by playing in the inaugural Bugbee Games! Everyone ages in their own way, so competitions are meant for a range of abilities: from pickleball and kayaking, to bocce ball and competitive puzzling. Join us as a competitor (age 55+), or to cheer on your friends!

Venues in & around Hartford include Bugbee Senior Center, Maxfield Sports Complex, Kilowatt Park, Fore-U, & Lyman Point Park

 Opening Ceremony	 Cornhole	 Mini Golf
 500m Walk/Roll/Run	 Croquet	 Pickleball
 Badminton	 Home Run Derby	 Puzzle Race
 Bocce Ball	 Kayaking	 Putt Contest
 Competitive Knitting	 Lawn Darts	 Closing Ceremony



Ice Cream Social

Friday, August 23, after lunch



Mascoma
Bank

The ice cream event we've all been waiting for is back... Mascoma Bank presents Bugbee's annual Ice Cream Social! You get to choose from a variety of flavors and toppings. Pick one or pick 'em all! Sign up is required for lunch & ice cream. See us at the front desk, call 802-295-9068 or email hello@bugbeecenter.org.

Lunch Menu
Apple Coleslaw
Hotdog
Baked Beans
Veggie Pasta Salad



Volunteering for the Bugbee Games? Mark your calendars for Games Orientation, Thursday, August 8 @ 4pm at Bugbee. If you are interested in becoming a volunteer for the Games, let us know: 802-295-9068 or hello@bugbeecenter.org



Bugbee Senior Center Menu

August 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 Broccoli Slaw Shake & Bake Pork Chop Sweet Potatoes Beets Pineapple & Mandarin	2 Seafood Roll Lettuce, Tomato, & Cucumber Magnificent Pasta Salad Chips Watermelon
5 Tossed Salad Chicken Parm w/ Linguine Garlic Bread Green Beans Baked Pears	6 Corn & Bean Salad Cranberry Chicken Rice Broccoli Brownie	7 4 Bean Salad Baked Ham Scalloped Potatoes Carrots Yellow Cake w/ Chocolate Frosting	8 Green Salad Baked Haddock Roasted Potatoes Spinach Spice Cake	9 Caesar Salad Spaghetti & Meatballs Brussels Sprouts Garlic Bread Blueberry Crisp
12 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Peaches & Cream	13 Carrot Raisin Slaw Swedish Meatballs w/ Egg Noodles Broccoli Berry Parfait	★ 14 ★ BBQ & BINGO NIGHT OPENING *sign up required* BBQ Ribs w/ Salads & Sides *no meal delivery or lunch service*	15 BLT Salad Ranch Chicken Seasoned Potatoes Corn Strawberry Delight	16 Tossed Salad C&S Pizza Honeydew Melon
19 Cole Slaw Salisbury Steak Tater Tots Brussels Sprouts Grapes	20 Turkey Waldorf Salad Lettuce, Tomato, & Dilled Cucumbers Roll Lemon Bar	21 Summer Corn Salad Meatloaf Mashed Potatoes Peas Pear Crisp	22 Broccoli Salad Tuna & Egg Salads Lettuce & Tomato Chips Watermelon	23 Ice Cream Social at Bugbee *sign up required* Apple Cole Slaw Hotdog Baked Beans Veggie Pasta Salad
26 4 Bean Salad Hot Turkey Sandwich Mashed Potatoes Peas & Onions Blondie	27 Caesar Salad Korean Beef Bowl Rice Broccoli Fruit Salad	28 Tomato Basil Salad Roast Pork w/ Gravy Mashed Potatoes Brussels Sprouts Brownie	29 Tossed Salad American Chop Suey Green Beans Garlic Bread Jell-O w/ Fruit National day	30 Chicken Salad w/ Cranberries Lettuce, Tomato, & Cucumber Magnificent Pasta Salad Roll Raspberry Delight



Bugbee Senior Center Activities

August 2024




Monday

Tuesday

Wednesday

Thursday

Friday

Reservations required for in house meals. Call us before 10:30 to sign up!	Lunch is served Monday to Friday at Noon	 BUGBEE GAMES AUGUST 15-21 Flyers with details at the front desk or bugbeecenter.org/games	1 10: Captain Paige Bakes 10:30: Buzz Café	2 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club
			Pork Chop	Seafood Roll
5 9:30: Mahjong 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo	6 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1:30: Windsor County Senate Candidates Forum	7 8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1: BugbeeTalks: Italian Gardens w/ Pippa Drew	8 10:30: Buzz Café 11: Bugbee History Drop in Hour	9 8: Pickleball @ Maxfield 10: Pool Daze @ Sherman Manning 10: Chair Yoga \$8 10: Mahjong 1: Bingo
Chicken Parm	Cranberry Chicken	Baked Ham	Baked Haddock	Spag & Balls
12 9:30: Mahjong 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo	13 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Therapy Donkeys 1: Card Games 1: Team Trivia	14 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts Ribs & Bingo Night Opening 4pm to 7pm *no lunch service or meal delivery*	15 10:30: Buzz Café 1:30: Senior Fitness \$8 1:30: Visually Impaired Group	16 10: Pool Daze @ Sherman Manning 10: Chair Yoga \$8 10: Mahjong 1: Bingo
			Ranch Chicken	C&S Pizza
			 BUGBEE GAMES	
Mac & Cheese	Swedish Meatballs		1: Opening Ceremony Parade thru WRJ	9: Games @ Maxfield: Pickleball, 500 meter, Home Run Derby
19 9:30: Mahjong 9:30 & 10:40: Tai Chi \$3 10: Bridge 11: Memory Café 1: Bingo	20 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games	21 8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts	22 10:30: Buzz Café 1:30 Senior Fitness \$8	23 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 12: Lunch & Ice Cream Social 1: Bingo
Salisbury Steak	Turkey Waldorf	Meatloaf		
 BUGBEE GAMES				
9: Puzzle Race @ Bugbee 1: Competitive Knitting	10: Mini-Golf @ Fore-U 10: Kayaking @ Kilowatt	10: Lawn Games @ Lyman 11:30: Closing & BBQ	Cold Salads	Hotdog
26 9:30: Mahjong 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo	27 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Cooking for 2 w/ Hannaford Dietician	28 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 11: New London Playhouse Trip 1: Fiber Crafts	29 10:30: Buzz Café 1:30 Senior Fitness \$8	30 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo
Hot Turkey	Korean Beef Bowl	Roast Pork	American Chop Suey	Chicken Salad

Director's Corner

Well, July was certainly a warm one! Thank you all for joining us at Bugbee to stay cool and enjoy some great programs and services, hope to see many more of you as summer continues. The dog days of summer end August 11. I'm not sure why they call it that but if you want to bring your dog by to say hello to Bugbee staff, please do so!

This year we are starting a new series of activities, the Bugbee Games! We've tried to balance it out so there is something for everyone to participate in, from competitive knitting to kayaking and a home run derby. We want to show the community how people stay active as we age, so I would encourage you to sign up as a participant! The opening ceremony will include a march around downtown, and the closing ceremony at Lyman Point Park will include a barbecue.

The calendar is packed with other fun activities and tasty menu options. The Ribs & Bingo night will likely fill up quickly, so make your reservation soon. At last month's BBQ we had over ninety people, it was awesome! If ribs aren't your thing...maybe donkeys are? On the 13th we'll be visited by some "therapy donkeys" from Road to Independence, a non-profit farm near Newport, NH. Will they be Bugbee's cutest visitors ever? Hm... In any case, many activities to choose from this month!

I'd like to offer a special thanks to Mona Elliott, our Outreach Associate who has been busy enrolling people into the Senior Farmers Market Nutrition Program. Thank you, Mona, for joining the team and getting Bugbee to the markets!

Stay cool everyone! Hope you continue to enjoy summertime.

Mark Bradley
Executive Director



BBQ & Bingo Night Opening

Wednesday, August 14

Doors open at 4:00 pm

Dinner at 5:00 pm

High Stakes Bingo after dinner!

*The center will remain
open for activities
during the day!*

**no meal delivery or
congregate lunch**

Menu

BBQ Ribs on the Grill
Corn on the Cob
Potato Salad
Cole Slaw
Corn Bread
Deviled Eggs
Ice Cream Sandwich
Watermelon

The dog days of summer are here. That means it's time for BBQ Ribs on the grill! Grab your friends and neighbors and come to Bugbee for this fun filled event. Len will be back at his cooking station (and around the center to greet you all). **Sign up is required to reserve a seat.** Please call 802-295-9068 or email hello@bugbeecenter.org.



BUGBEETalks

Speaker Series for Upper Valley Seniors

BugbeeTalks: Italian Gardens (Rome) Video Presentation and Discussion **Wednesday, August 7 at 1:00 pm**

Monty Don conducts a personal grand tour around Italy's magnificent gardens from the luxurious retreats of the moneyed north to the lavish hideaways of the romantic south. In this episode, he's in and around Rome, a powerbase of emperors and popes, to explore gardens that are among some of the most extravagant and flamboyant ever created in history. Pippa Drew is available for questions after the presentation.



Hannaford Supermarket presents a Virtual Event: **Cooking for One or Two** **Wednesday, August 28 at 1:00 pm**



Hannaford Dietician, Heidi, will be at the center via zoom to cover healthy cooking or purchases for cooking for one or two. You will learn new options for healthier choices to enhance your nutrition easily without much actual cooking. Handouts will be provided to follow along with as an aid to any hearing difficulties and to jot down notes. Space is limited! To sign up, please see us at the front desk, call 802-295-9068, or email hello@bugbeecenter.org.

You're Invited! Special Travel Presentation **Wednesday, September 4 at 1:30 pm**

Join Collette Travel as they introduce themselves and the upcoming planned trip to Tuscany! Collette Travel is a Family -Owned Company aimed at providing all inclusive, hassle free travel!



Spotlight on Tuscany **May 14, 2025–May 22, 2025**

Bugbee Seniors will be embarking on a wonderful trip to Tuscany via our partners at Collette Travel. Travel is meticulously planned, activities are well thought out... all you have to do is enjoy yourself! Learn more about this trip at www.bugbeecenter.org/class/tuscany/.

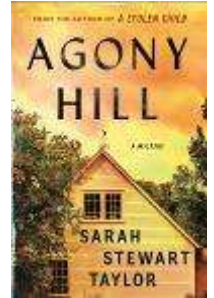


Book Club in September

Friday, September 6 at 1:00 pm

September's book club will take us to Quechee Library for a mini trip! We will be joined by the author of next month's book club, Sarah Stewart Taylor, to discuss her new book *Agony Hill*.

Quechee/Wilder Libraries discusses popular and interesting titles on the first Friday of the month. For more information and to sign up, contact Alec at 802-295-9068 or hello@bugbeecenter.org.



Marble Game Restarting in August

Bring your dollar bills and your good luck. The marble game is back in action in August.

Here are the rules: Buy three tickets for \$1 before lunch. Tickets get thrown into a bowl and the money gets added up. Half the money goes to benefit programs at Bugbee, half the money goes to the pot. After lunch, we draw three tickets... and that's where the fun begins! If your number gets called, you have the chance to pick marbles out of the can. We start with 5 red marbles & a bunch of clear marbles. If you pick the red marble, you win the pot! If no one picks a red marble, the pot carries over to the next day. Marbles do not get put back into the can, so it becomes more likely to pick a red marble over time!



Captain Paige Bakes

Thursday, August 1, 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 August! A portion of her sales will be donated to the Center!



Senior
FARMERS MARKET
Nutrition Program

**To enroll or for more
info, contact Mona!**

802-295-9068

mona@bugbeecenter.org

Do you love the farmers market vibe but can't get there? Do you wish your grocery budget could stretch a little further and include beautiful, locally grown produce? Are you 60+, a VT resident, and qualify for SNAP or LIHEAP? Consider applying—it's easy!

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.



Memory Café

Bugbee will be hosting a memory café in partnership with Senior Solutions. A Memory Café is a wonderfully welcoming place for caregivers and their loved ones who are challenged with forms of dementia or other cognitive disorders. Join them every 3rd Monday from 11 am to 1 pm. No reservation required. Just come and relax together! For more details email Joann at jerenhouse@seniorsolutionsvt.org.



Fitness Classes

Need your Mah Jongg fix? We're adding a new day for you! Monday Mornings! Come to Bugbee on Monday, Wednesday, or Friday mornings at 9:30 am to play! No sign up required, no fee to play!

We offer tons of fitness classes at Bugbee. Tai Chi on Monday. Yoga classes on Tuesday & Friday. Senior Fitness on Thursday. Get fit for the Bugbee Games! Beginners are always welcome!

Senior Learning Network Programming is Back! **Tuesday Afternoons at 2:00 pm**

After a brief summer hiatus, Senior Learning Network is back and better than ever! With new presentations on the books, and updated tours of museums we've seen in the past, get ready to learn about new subjects and touch up on topics you already know!



Leave the computer futzing to us! If you'd like to come enjoy these interactive presentations with friends, you can come to the Center in person! We'll have Zoom set up in the library for each of these programs. Or, if you're a Zoom Pro by this point, we'll send you the link to participate from home!

Sign up is required. Please call 802-295-9068 or email hello@bugbeecenter.org.

Check out these awesome programs in August!

Tuesday, August 6: National Museum of the Mighty Eighth Air Force

Tuesday, August 20: Reconstruction Era National Park

Tuesday, August 13: Jefferson's Monticello Tour

Tuesday, August 27: Thomas Jefferson Memorial, at Washington DC National Mall

Meet the Donkeys **Tuesday, August 13 at 12:45 pm**



You read that right... Therapy Donkeys are coming to Bugbee! *Road to Independence*, a Newport, NH based non-profit farm, visits organizations across New Hampshire and Vermont. We're excited to welcome their donkeys, alongside their expert donkey handler volunteers, to Bugbee! No sign up needed, all are welcome.



Windsor County Senate Candidate Forum

Tuesday, August 6, 1:30 pm to 3:00 pm

Meet & Greet from 3:00 pm to 3:30 pm

Your Democrat and Republican Windsor County Senate candidates will be at Bugbee to discuss a wide range of topics. All Windsor County registered voters are invited to attend and ask questions. There will be an opportunity at the end of the forum to personally meet the candidates. Thank you to Sue Buckholz for moderating the Forum!



Your Body Believes Everything You Think

8 Class Series on Thursdays, Starting in September

This series of 8 classes will explore medical research on the body's reactions to what goes on in our heads, i.e. worry, gloomy predictions, grudges, self-doubt and other self-defeating mindsets. Join this practical and uplifting class and learn strategies and methods to keep our minds, bodies, and spirits healthy and sound despite today's inner and outer challenges. This is a skill building class. Because space is limited and Jeanne's classes fill up, we request that you are able to attend every class if you choose to sign up. **Sign up is required prior to the first session.** Please call 802-295-9068 or email hello@bugbeecenter.org to register! Jeanne is a Board Certified Clinical Geriatric Chaplain. She worked for many years at The D-H Aging Resource Center. Though now retired, she maintains her certification and volunteers in the community.



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