



Bugbee Bulletin

Volume 2025, Issue 5
May 2025

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

Happy Mother's Day!

Let's celebrate the people who make us who we are... Mothers! Join us for a delicious lunch and fun activities. Invite your friends and family to join you! After lunch, stick around for a karaoke sing along, led by two of our very talented volunteers, Kathy & Allen.

Mother's Day Lunch Thursday, May 8 at Noon

Advance registration is required, so get on the list as soon as possible. This lunch will fill up quick! To sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

Menu
Chickpea Salad
Breaded Haddock
Spinach
Little Red Potatoes
Strawberry
Shortcake



Thursday, May 8 at 1pm (after Mother's Day Lunch)

Calling all singers (and wannabes). Plan on attending our inaugural group karaoke as we revisit the years 1957 to 1966 through group singalongs and historical facts of the times. America's Got Talent has not met the Bugbee's Got Spirit! No Registration (or singing ability) required.



At the Older Americans Dinner Thursday, May 29 starting at 3:00 pm

Let's have a little fun with aging for Older Americans Month. Every day, you're proof that the world doesn't end at 60! To celebrate, we are running a photo booth to show off the spirit of Bugbee. We'll have fun props & signs with catchphrases. (or make/bring your own!) Show the world that some things in life are truly ageless. This is a creative way to counter stereotypes about aging—and a fun way to get some great photos to share with your family and friends. (We'll keep the booth up Friday, too, if you can't make it to the dinner.)

Older Americans Dinner

Thursday, May 29

Doors open at 3, Dinner at 5, Bingo at 6!

May is Older Americans Month! The theme this year is "Flip the Script on Aging." Join us for an evening meal followed by high stakes bingo. Sign up in advance as soon as possible! Call 802-295-9068 or email hello@bugbeecenter.org.



Menu
Watermelon
Caprese Salad
Beef Stew
Corn Bread
Strawberries & Cream



Bugbee Senior Center Menu

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
We serve lunch at noon! Same day reservations required. Call 802-295-9068 before 10:30 to sign up!	Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.	Suggested Donation \$6.00	1 Green Salad Spaghetti & Meatballs Roasted Brussels Sprouts Garlic Bread Peaches & Cream	2 Corn & Bean Salad Seasoned Chicken w/ Breadcrumbs Rice Pilaf Cali Veggies Cantaloupe
5 Cucumber Salad Chicken & Broccoli Alfredo Butternut Squash Garlic Bread Baked Apples	6 House Salad Chili Soup Corn Bread w/ Cheese Green Beans Lemon Squares	7 3 Bean Salad Roast Pork Apple Sauce Mashed Potatoes Carrots Whole Grain Roll Birthday Cake	8 MOTHER'S DAY LUNCH Breaded Haddock & Spinach *Advance Registration required for in-house meal*	9 Magnificent Macaroni Salad Meatloaf Scalloped Potatoes Peas & Onion Blueberries & Yogurt
12 Spinach Salad Chicken Noodle Soup Turkey Salad Wrap Melon	13 Ambrosia Salad American Chop Suey Green Beans Garlic Bread Baked Pears	14 Caprese Salad Shepherd's Pie Spinach Mashed Potatoes Pineapple Upside Down Cake	15 Apple Coleslaw Pulled Pork Sandwich *NEW RECIPE!*	16 Tossed Salad C&S Pizza Fresh Melon & Orange
19 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Peaches & Cream	20 Chicken Parm w/ Linguini Winter Squash Flatbread Raspberry & Blueberry Parfait	21 Strawberry Salad Chicken Bacon Wrap Potato Salad Jello w/ Fresh Fruit	22 Green Salad Spaghetti w/ Meat Sauce Garlic Bread Roasted Cauliflowers Berry Parfait	23 House Salad Sweet Sausage w/ Pepper & Onions Broccoli Pita Bread Fresh Fruit
26 Bugbee Senior Center Closed for Memorial Day 	27 House Salad Baked Haddock Roasted Potatoes Spinach Yellow Cake w/ Cherry Topping	28 Arugula Salad Seasoned Chicken Wrap w/ Lettuce & Tomatoes Broccoli Salad Blondie	29 OLDER AMERICANS DINNER Beef Stew & Corn Bread *Advance Registration required for in-house meal* *no meals on wheels delivery*	30 Tossed Salad Meatloaf Mashed Potatoes Peas Yellow Cake w/ Cherry Topping



Bugbee Senior Center Activities

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
We serve lunch at noon! Same day reservations required. Call 802-295-9068 before 10:30 to sign up!			1 9: Quilting 10:30: Buzz Café 1:30: Mahjong	2 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Book Club 3: Open House
			Spag & Balls	Seasoned Chicken
5 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café	6 10: Yoga Fusion \$8 1: Card Games 2: Senior Learning Network Presentation	7 8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalk: What's a PFA?	8 9: Quilting 10:30: Buzz Café 12: Mother's Day Lunch & Karaoke <i>*advance registration required*</i> 1:30: Mahjong	9 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
Chicken Broc Alfredo	Chili Soup	Roast Pork	Baked Haddock	Meatloaf
12 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo	13 10: Yoga Fusion \$8 10: Mini-Trip: Dartmouth Greenhouse 1: Card Games 2: Senior Learning Network Presentation	14 8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts	15 9: Quilting 10:30: Buzz Café 1:30: Mahjong 1:30: Visually Impaired Group	16 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
Soup & Wrap	Chop Soup	Shepherd's Pie	Pulled Pork	C&S Pizza
19 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 11: Memory Café 1: Painting w/ Christine 1: Boggle 1: Bingo	20 10: Yoga Fusion \$8 1: Card Games 2: Senior Learning Network Presentation	21 8: Pickleball 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts	22 9: Quilting 10:30: Buzz Café 1:30: Mahjong	23 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
Mac & Cheese	Chicken Parm	Chicken Bacon Wrap	Spaghetti	Sausage & Pepper
26 Bugbee Senior Center Closed for Memorial Day 	27 10: Yoga Fusion \$8 1: Card Games 2: Senior Learning Network Presentation	28 8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Grief & Loss	29 OLDER AMERICANS DINNER Doors open at 3 for <i>The Great Bugbee Photo Booth</i> Dinner at 5 Bingo after Dinner! Advance Registration Required <i>*No Meal Deliveries*</i>	30 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
	Baked Haddock	Chicken Wrap		Meatloaf

Director's Corner

Happy Older Americans Month! This year's theme is "Flip the Script on Aging." I'm looking forward to thinking this month about different ways we can talk about aging that isn't focused exclusively on the challenges. The truth is, whatever the number of years we have, we are all aging – I don't think most people wake up one day and decide "I am now a senior." I'm reminded every day by participants at Bugbee that so many stereotypes about aging are outdated.

I'm looking forward to Allen's 60's Sing Along after the Mother's Day lunch. It has been fun working with Allen to go back to the late 50s and 60s and to think of it from the perspective of someone coming of age during that time, and learning more about what was going on in the world. (I grew up in the 80s and 90s, so at least I still remember fax machines.) Allen has picked some great songs for us to listen to and/or sing along with during this trip down memory lane. I hope you'll be able to join us. A big thank you to Allen and Kathy for leading this special event.

Also coming up – real soon! The annual Open House & Resource Fair will be on Friday, May 2nd. Many of the community partners who will be attending are people I work with a lot, and it's always great to invite them here to meet all of you, see the space, and connect with each other in person. I always learn something new or find out about a great program I wasn't aware of. It's worth swinging by!

Let's enjoy springtime. Keep in touch and hope to see you this month.

Mark Bradley
Executive Director



Older Americans Month: Flip the Script on Aging

Every year, Older Americans Month celebrates the contributions of older adults and reaffirms our commitment to serve this community. This year's theme is "Flip the Script on Aging," and encourages us to challenge outdated stereotypes.

The words we use shape our perceptions. Throughout the month, we'll be sharing ways to rethink how we talk about aging. For example, instead of saying something like "She can still walk," we can simply say "She likes walking." Aging doesn't have to mean we stop moving!

Or, think of the "senior moment." That reinforces the stereotype that aging means cognitive decline—but minor memory lapses happen to people of all ages...including Mark, Alec, and Susan! These small language changes help us flip the script.

Even chronic conditions—these were once thought to be a natural part of aging but many can be prevented and managed through nutrition, healthy lifestyle choices, and strong community support for those who do have chronic conditions. ***Join us this month as we flip the script!***

Better World Day 2025

Friday, May 2, 9:30 am to 2:30 pm

You're invited to the Ottauquechee School for a day of celebration and learning! The day starts off with a puppet show created by students. After lunch, stick around for workshops hosted by local organizations. We'll be back at Bugbee in time for the Open House, too.

Registration is required. Transportation is available from Bugbee Senior Center to the school! To sign up please visit www.bugbeecenter.org/class/better-world-day.



Ottawaquechee
School

Summer Health & Fitness

Get ready for some fresh, locally grown produce! *Locally Yours* is back again this season. We'll be receiving shipments of vegetables from Sunrise Farm, just a couple miles down the road from Bugbee, on Wednesdays from May through October. Cooking for one or two can be a challenge with the quantities that produce is normally sold in. *Locally Yours* can help supplement your grocery budget with something healthy—it's free for Bugbee members—while also avoiding food waste.



NEW THIS YEAR! We will be collecting recipes from participants who use the program and then publishing a recipe book featuring seasonable produce. There will also be a "taste test" led by the Vermont Foodbank, which will provide some great tips on how to use a wide variety of vegetables. To sign up for the call list, see us at the front desk or give us a call: 802-295-9068.

Sponsored in part thanks to generous support from Vermont Foodbank.

Locally Yours Taste Test

Wednesday, July 2 from 1-2pm

Call 802-295-9068 to sign up.

McKayla Baker from the Vermont Foodbank will be here to do a recipe demonstration with some of the more unusual - and tasty! - veggies that we get from Sunrise Farm. Learn some techniques and try something new!

Tai Chi in the Sun Monday Mornings beginning in May

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. Tai Chi is great for people of all ages. Loose, comfortable clothing and flat-soled shoes recommended. From May to September, we'll be down at Lyman Point Park, practicing in the sun! The cost for each class is \$3. No sign up needed. Drop-ins welcome!



The Monday 9:30-10:30 Beginners' Class will continue to gradually add new moves, but always after reviewing what's already been learned. This group welcomes new members and will be very willing to help newcomers.

The Monday 10:40-11:40 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.

Pickleball at Maxfield Starting Wednesday, May 7

Hope you've been staying active and fit during the winter! We will be playing Pickleball on Wednesday and Friday from 8:00 am to 11:00 am at Maxfield Outdoor Sports Complex in Hartford. Pickleball is a fun, social, and friendly activity. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball will continue until November 1!



For more information on health & fitness classes, please call the center at 802-295-9068 or email hello@bugbeecenter.org.

What's a PFA?

Wednesday, May 7 at 1:00 pm

PFAS In Our Environment, Our Exposures, and What We Can Do About It. PFAS are a group of synthetic chemicals that are used in many products, including cookware, food packaging, and fire fighting foam. They have also been found in the environment, including Vermont's water supply, and in people's blood. The presenter is Dr. Celia Chen, Professor of Biological Sciences at Dartmouth College.

Sponsored by the National Active and Retired Federal Employees Association



Grief & Loss

Wednesday, May 28 at 1:00 pm

The Many Faces of Grief. Grief is a universal human experience. It is a process we all go through at different times in our lives, for different reasons. During this talk, you will explore the similarities and differences in grief and loss, how we cope with our losses, and how to support others after their loss.

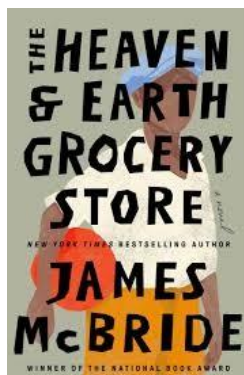
Brigid Guttmacher, MA and Kristen Johnson, MS, are professionals who continue to support people in grief and loss. Join them for a meeting that includes education, information, and conversation.



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

Book Club in May Friday, May 2 at 1:00 pm

This month's book is *The Heaven & Earth Grocery Store* by James McBride. The discussion is led by Debbie from Quechee/Wilder Libraries. For more info or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Grief and Healing Café First Monday of each Month at 2pm

A space to talk about and through our grief. 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. As a group, we respect the privacy of those in the group. Stories shared in the space are strictly confidential. No sign up required.



Painting with Christine Monday, May 19 & Monday, June 2 at 1 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! Register in advance. \$25 fee covers instruction and all materials. In May, you'll be painting a Sea Turtle. For June, a Tuscany Landscape will cover your canvas. Take home your very own Masterpiece. Contact Susan for more information: susan@bugbeecenter.org or at 802-295-9068.





Sister Act

New London Playhouse
\$130

Enjoy a delicious lunch at Lui Lui, followed by this fantastic play about a disco diva turned nun.
DEPART BUGBEE @ 11:00 am, RETURN @ 5:00 pm



Mount Washington Cog Railway

\$130

Now's your chance to summit Mount Washington! Take the Cog to the top of the Mountain and have lunch at the base of the Mountain.
DEPART BUGBEE @ 7:30 am, RETURN @ 4:00 pm



Foster's Clambake

York, Maine
\$130

A fan favorite! On the way to lunch at noon, we'll stop at Nubble Light House. Walk off your big lunch on the beach at York!
DEPART BUGBEE @ 8:30 am, RETURN @ 5:30 pm

Deposit of 50% of cost of trip is required at time of sign up. Full, non-refundable payment is due six weeks before the trip date to secure your spot!

For more information or to register, please call 802-295-9068 or email hello@bugbeecenter.org.



Same fun as the regional trips with {mini} mileage! Let's explore some of the amazing and affordable sights right here in our own back yard.
Carpooling encouraged, van transport available on some Mini Trips.



Greenhouse

Dartmouth in Hanover
Bring Cash for Lunch
Carpooling encouraged

Enjoy the beautiful Dartmouth Greenhouse with a guided tour. Bring your own cash for lunch at Molly's!

DEPART BUGBEE @ 9:45 am, RETURN @ 1:00 pm



Mini Golf

Fore-U
\$12 for Golf & Ice Cream
Carpooling encouraged

Mini-golf is fun, social, and a great activity to help maintain good balance

DEPART BUGBEE @ 12:45 pm, RETURN @ 3:00 pm



VINS

Forest Canopy Walk
\$17 for admission
Carpooling encouraged

Songbirds, Raptors, Nature Trails... Oh my!

DEPART BUGBEE @ 9:45 pm, RETURN @ 2:00 pm

For more information or to RSVP for trips, please call 802-295-9068 or email hello@bugbeecenter.org.



Meet us at Bugbee! Come learn what the senior center, our partners in the community, and YOU can do to age your best, and help others to do the same! Meet people, learn about stuff, have a little fun, & find volunteer opportunities.

2025 Community Partners

Advance Transit
Bayada Hospice
Better Business Bureau
COVER Home Repair
Dartmouth Health
Dartmouth Aging Resource Center
FCP Live-In
Good Neighbor Health Clinic
HomeShare Vermont

Mascoma Bank
My Healthy Vermont
Osher Institute
Senior Medicare Patrol
Vet Center
Willing Hands
Windsor County Mentors
WISE
And More!

Friday, May 2 from 3-5pm

For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

Seeking Meals on Wheels Drivers

Do you enjoy driving? How about making someone's day a whole lot better? If you said yes to both of these questions, than this volunteer opportunity is for you! We are seeking volunteer Meals on Wheels delivery drivers. Meals are picked up at the Center at 10:45 am, Monday through Friday. Each driver is assigned a day of the week to deliver meals. The number of meals varies depending on the day. Most routes can be completed in an hour. Orientation & training with experienced drivers available. All drivers must pass a criminal background check. To learn more, please contact Susan: 802-295-9068, susan@bugbeecenter.org.



PLACE LABEL HERE

NON-PROFIT ORG
U.S. POSTAGE PAID
WRJ VT 05001
PERMIT #2

BUGBEE BULLETIN
White River Council on Aging
262 North Main Street
WRJ VT 05001
ELECTRONIC SERVICE REQUESTED