



Bugbee Bulletin

Volume 2025, Issue 6
June 2025

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White River Council on Aging
262 North Main Street
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802-295-9068
bugbeecenter.org



Calling All Crafters!



Painting with Christine 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 June, a Tuscany Landscape will cover your canvas. Sign up required!



Stencil Class with Annette Tuesday, June 17 at 1 pm

Stenciling is a technique used to apply a design by painting through a cutout pattern. This method allows for quick and easy application of designs, useful for various projects like home decor, art, and fabric printing.

You may bring a tee shirt to print summer flowers and butterflies on. We will also make squares for a quilt for the VA. This class is free! Registration is required.



Wreath Making Class with Barb Tuesday, June 24 at 10 am

Join the very talented, Barb Duclos, and learn how to make a fabulous Wreath! This is a great way to decorate your house and spread some summer spirit. \$10 covers materials and instruction. Space is limited! Call 802-295-9068 to sign up, or swing by the front desk.



Summer Card Class with Jodi Friday, June 27 at 2 pm

Let's welcome the summer season with a selection of elegant cards and creative projects with Jodi Harrington. In this class, participants will create a greeting card, a gift card holder, a notepad, and a Post-it note pad. Please bring adhesive, glue dots or Stampin' dimensionals, and a small pair of scissors. If you do not have these items, Jodi will have some available for purchase.

Class size is limited to 12 people. Register by June 12th. Class fee is \$15.



July 4 Card Making Monday, June 30 at 1 pm

Tap into your creative side and let one of our Meals on Wheels participants know that their community cares about them! Have fun making July 4th cards with your friends. This is a great way to make a difference in the lives of so many homebound seniors.

Supplies are provided & no sign up is required!



For more info on art classes, or to sign up, call 802-295-9068 or email hello@bugbeecenter.org.



Bugbee Senior Center Menu

June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit	3 Tomato Basil Salad Meatloaf Mashed Potatoes Peas Spice Cake	4 Corn & Bean Salad Oven Chicken Sweet Potatoes Brussels Sprouts Berry Parfait	5 Chef's Salad w/CROUTONS, Ham, Turkey, Egg, Cheese, & Pickles Cranberry Muffin Jello w/Fruit	6 Caesar Salad Spaghetti & Meat Sauce Broccoli Garlic Bread Baked Pears
9 4-Bean Salad Salisbury Steak Sweet Potatoes Roll Broccoli PuDDing	10 Chicken Salad Egg Salad & Potato Salad Lettuce, Tomato & Cucumber Roll Strawberry Delight	11 Green Salad Baked Haddock Roasted Potatoes Spinach Cake w/Vanilla Frosting	12 FATHER'S DAY LUNCH Tossed Salad C&S Pizza Strawberry Shortcake *advance sign up required*	13 House Salad Cheeseburger w/ Lettuce, Tomato, & Pickles Magnificent Pasta Salad Cantaloupe
16 Green Salad Chicken Parm Linguini Broccoli Garlic Bread Baked Pears	17 Green Salad Roast Pork w/gravy Mashed Potatoes Stuffing Brussels Sprouts Lemon Bar	18 Tossed Salad Shepherd's Pie Carrots Mashed Potatoes Oatmeal Cookies	19 CLOSED: Juneteenth 	20 Summer Corn Salad Hot Dog Baked Beans Potato Salad Fruit
23 Caesar Salad American Chop Suey Green Beans Garlic Bread Fruit	24 4-Bean Salad Shake & Bake Chicken Roasted Potatoes Broccoli Pear & Blueberry Crisp	25 Cole Slaw BBQ Ribs Seasoned Potatoes Carrots Corn Bread Bread pudding	26 Pickled Beets Turkey Waldorf Salad w/Lettuce,Tomato, Cucumber, Pickles Blueberry Muffin Pineapple-Orange Cake	27 Tossed Salad Penne Pasta w/Meat Sauce Garlic Pita Bread Spinach Fruit Salad
30 Broccoli Salad Sausage, Peppers, & Onions Rice Pineapple Cake		Suggested Donation \$6.00	We serve lunch at noon! 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.



Bugbee Senior Center Activities

June 2025



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine 2: Grief & Healing Café	3 10: Yoga Fusion \$8 1: Card Games 1: BugbeeTalks: Understand Medicare	4 8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 11:30: Tech Help 1: Fiber Crafts 1:30: BugbeeTalks: Cancer Prevention	5 9: Quilting 10: Cage Sudoku 10:30: Buzz Café 1:30: Mahjong	6 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Hartford Nurse Office Hours 1: Bingo 1: Book Club
9 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo	10 10: Yoga Fusion \$8 1: Card Games	11 8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts 1:30: Family Feud	12 9: Quilting 10: Cage Sudoku 10:30: Buzz Café 12: Father's Day Pizza & Bingo *advance registration required* 1:30: Mahjong	13 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
16 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 11: Memory Café 1: Boggle 1: Bingo	17 10: Yoga Fusion \$8 1: Card Games 1: Stencil Class w/ Annette	18 8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts 1:30: BugbeeTalks: HomeShare VT	19 CLOSED: Juneteenth 	20 8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
23 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1:30: BugbeeTalks: Portugal Info Sesh 1: Boggle 1: Bingo	24 10: Yoga Fusion \$8 10: Summer Wreaths w/ Barb 1: Card Games	25 8: Pickleball 9: Foot Clinic \$40 9: Walk with Ease 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts	26 9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1: Mini Golf Mini Trip 1:30: Mahjong	27 8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo 2: Card Making Class
30 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 1: July 4 Card Making			We serve lunch at noon! Same day reservations required.	Call 802-295-9068 before 10:30 to sign up!

Director's Corner

Hello folks, hope you are having a great start to the summer! We're in full swing here at Bugbee, with some great activities to look forward to both here at the Center and around the community. This month, Walk With Ease starts up again—this is a great course to take for anyone with arthritis or other chronic pain. There will also be a more informal walking group with Pam meeting on Thursday mornings, starting June 26. For the crafty among you, we've got a stencil class and wreath making class. And a new trip to an old favorite, we're heading to Fore-U for mini-golf and ice cream towards the end of June.

As I'm writing this, I'm getting ready to head to D.C. for this year's National Council on Aging conference. Please feel free to swing by if you're curious about what our national network has been talking about. I think the one I'm looking forward to the most is "Establishing Senior Centers in Rural Communities to Combat Social Isolation." I'll also be looking forward to meeting other senior center directors from around the country and representing the Bugbee community on your behalf.

I'd like to welcome Esme Cole to the team! She will be working with us this summer as an Outreach Associate to administer the Senior Farmers Market Nutrition Program. Our new Kitchen Manager will also be starting this month, so stay tuned for more introductions!

Alright, stay cool everyone. Make sure you keep hydrated as things warm up outside, and if you ever need to chill, you're always welcome at Bugbee.

Mark Bradley
Executive Director



Computer & Tech Help with Niles

Wednesday, June 4 from 11:30–1:00

First Wednesdays of every month.

First Wednesday of every month, computer guru, Niles, will be here to help you with your technical needs. Space is limited, so sign up for your appointment today! To register for a time slot, please call 802-295-9068 or email hello@bugbeecenter.org.

Please describe the purpose of your appointment when registering.

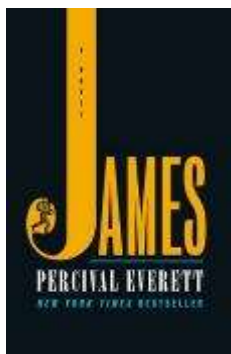


Book Club in May

First Friday of each Month
Friday, June 6 at 1:00 pm

This month's book is *James* by Percival Everett. The discussion is led by Debbie from Quechee/Wilder Libraries.

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



Grief and Healing Café

First Monday of each Month
This month: Mon. June 2 at 2:00 pm

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.



Get Your Steps in at Bugbee!

The Walk With Ease program is being offered starting on Monday, June 16. You will be meeting three times a week for six weeks on Mondays, Wednesdays, & Fridays from 9:00 am to 10:00 am with Linda & Pam.

Walk with Ease



This is an Arthritis Foundation Certified exercise program aimed to reduce pain and improve overall health for people with arthritis and other chronic conditions. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease! You may use mobility devices including canes, walkers, or trekking poles to complete the walking segment. All strengthening exercise can be completed in the standing or seated position. Best of all: this is a free program!

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Registration required as space is limited. For more info and to sign up, please call 802-295-9068 or email susan@bugbeecenter.org.

If you're already a seasoned walker... Why not join a walking group starting on **Thursday, June 26 at 10:00 am!** Pam Hausler will lead this group on a weekly basis on Thursdays during the summer. Meet at Bugbee at 10, walk for around 40 minutes, and be back in time for lunch! Walking before eating, especially in the morning, can boost fat burning, improve insulin sensitivity, and enhance mental clarity, making it a potentially beneficial daily habit. No sign up required. Sneakers or supportive footwear is highly recommended. No high heels please.



Senior Fitness with Liz

***NEW TIME* Wednesday Mornings at 10:30 am**

Long time fitness professional, Liz Hatfield, is back in action to guide you through Senior Fitness! This exercise class will have you moving your body, so you can feel physically, mentally, and emotionally better. \$8 per class. No sign up required! For more info, please email hello@bugbeecenter.org or call 802-295-9068.



Before you hop into senior fitness, try Cardio Drumming on Wednesday Mornings at 9:30 am! Follow along with a fun video and drum to the beat.

Father's Day Lunch & High Stakes Bingo

Thursday, June 12 at noon

After burning off all those calories with fitness classes... Join your friends and family for a Father's Day Bugbee Tradition: Pizza & High Stakes Bingo! Advance registration required for lunch. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up! Bingo starts up right after lunch (around 1pm). \$3 per card for 10 games.



Colorectal Cancer Prevention

Wednesday, June 4 at 1:30 pm

Preventing Cancer: A Physician's Guide for the Community

We welcome you to join a community talk about cancer awareness and prevention with Dr. Henry Feng. Dr. Feng is a staff physician and the Department Chair for Primary Care at Dartmouth Health - Concord outpatient clinics. He received his Medical Degree from New York Medical College in 2017 and a Master's of Public Health from Dartmouth's Geisel School of Medicine in 2022. His research interests focus on improving the quality and efficiency of how healthcare services (including cancer screenings) are delivered to patients.



HomeShare Vermont

Wednesday, June 18 at 1:30 pm

HomeShare Vermont has been matching people who have room in their home with those seeking an affordable place to live for the past 43 years. Through a partnership with The Thompson Center in Woodstock, HSVT has expanded into 16 Windsor County towns.



HomeShare guests can contribute to rent and utilities and/or provide help with household tasks, such as cooking, yardwork, housekeeping, yard work, pet care, or running errands. HomeShare Vermont conducts background and reference checks and then helps create compatible matches. To learn more, call 802-863-5625, visit www.homesharevermont.org, or email info@HomeShareVermont.org.

No sign up is required for this BugbeeTalk presented by Shari Borzekowski, the Thompson's Aging at Home Resource Manager and a HomeShare Vermont Case Manager.

Sunny Portugal in 2026—Informational Presentation

Monday, June 23 at 1:30 pm

Join a vibrant and fun group of travelers from the Upper Valley on an excursion to Sunny Portugal, April 23 -May 2, 2026.

10-Day Package Rate at Just \$3,929 includes:

- Lisbon, "Calçadas" Walking Tour or "The Way of the Cod" Tour, Belem, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimao, Setubal, Portuguese Riviera, Obidos, Sintra Choice of National Palace of Sintra or Walking Tour, UNESCO World Heritage Sites.
- Round trip air from Logan International Airport; Air Taxes and Fees/Surcharges; Hotel Transfers; transportation to and from Logan International Airport.
- 4 Star Accommodations.
- Deluxe Motorcoach.
- English speaking tour guides.
- Entrance fees to included attractions.

We will have a special travel presentation to learn more about this incredible travel opportunity. If you have any questions, please email susan@bugbeecenter.org or call 802-295-9068.



Discover the Art of Cage Sudoku

Thursdays at 10:00 am starting on June 5



Master Logic & Arithmetic in Harmony. Are you ready to elevate your puzzle-solving prowess? Bugbee's new Cage Sudoku class offers an engaging journey into this captivating variant of Sudoku, where logic meets arithmetic in a thrilling challenge. *Why learn Cage Sudoku?* Whether you're a beginner or looking to refine your skills, this class provides step-by-step guidance through the fundamentals and advanced strategies of Cage Sudoku.

Learn from our seasoned puzzle enthusiast, George, who will share insights into techniques like cage unit overlaps and the "Innies and Outies" method, enhancing your problem-solving toolkit. Advance registration required! Spaces are limited, so secure your spot in our Cage Sudoku class now and unlock the secrets of this enthralling puzzle variant.

This class is perfect for:

- Sudoku enthusiasts
- eager to explore new variations.
- Puzzle lovers seeking a blend of logic and
- arithmetic challenges.
- Anyone looking to sharpen their cognitive skills in a fun, interactive environment.

Family Feud: *Bugbee vs. Bugbee* Wednesday, June 11 at 1:30 pm



"Name something that has to be licked" Survey says.....What's the most popular answer? Find out when we play Family Feud at The Center! Sign up is required to join a team. 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, bus transport available on some Mini Trips.



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! Join us for a walk through the canopy. Bring your own cash for lunch at the Quechee Gorge Snack Bar.
DEPART BUGBEE @ 9:30 am, RETURN @ 2:00 pm



Billings Farm

Woodstock, VT
\$16 for admission
Van Transportation provided

Visit the Farm Exhibits and check out the Billings Farm Historic Barn for the 2025 Quilt Exhibition! Bring your own cash for lunch at White Cottage. Thanks to Hartford Town & Rec for the use of their bus!
DEPART BUGBEE @ 9:30 am, RETURN @ 1:30 pm

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



Starts July 1st!

Love the farmers market vibe, but can't get there? Wish your grocery budget could stretch a little further? The Senior Farmers Market Nutrition Program helps make fresh fruits and vegetables available to income eligible Vermonters 60 and over. Participants are provided with a one-time \$48 coupon book to purchase locally-grown, healthy, fresh fruits and vegetables from July 1st through October 31st.

If you are interested in participating, let us know! Our Outreach Associate, Esme Cole, will do an application with you. We can also assist with transportation to and from the markets!

Every Wednesday morning we'll be receiving shipments of freshly harvested vegetables from Sunrise Farm, just a couple miles down the road from Bugbee . Come take what you need—it's free! *Locally Yours* can help supplement your grocery budget with something healthy while also avoiding food waste. To sign up for the call list, see us at the front desk or give us a call: 802-295-9068. ***Sponsored by Vermont Foodbank and Norwich Lions Club.***

Locally Yours Taste Test

Wednesday, July 2 from 1-2pm

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! Call 802-295-9068 to sign up.

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