



Bugbee Bulletin

Volume 2025, Issue 7
July 2025

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



Pool Daze

Select Fridays during the Summer

Summer Cookout

Wednesday, July 23, 4:00 pm to 7:00 pm

Join your 60+ friends for kid free pool time at Sherman Manning Pool! From 10:00 am to 12:00 pm, the pool will be open on Friday, July 11 & July 25, and Friday, August 8 & August 22. Enjoy snacks, music, and pool time. There are shaded areas for lounging, & picnic tables with umbrellas. Walk right into the pool. Or use the slide. If you are interested in swimming laps, let us know so they can set up the lane ropes!

Advance registration required. Pay \$3 at the pool for the day, or buy a season pass for \$20!

What's better than burgers and dogs on the grill in summer? Enjoying them with your friends at Bugbee! After dinner, stick around for high stakes bingo. To sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

Menu

- Burgers & Dogs
- Baked Beans
- Deviled Eggs
- Pasta Salad & Coleslaw
- Watermelon & Ice Cream



Senior
FARMERS MARKET
Nutrition Program



Locally Yours!
FARM PRODUCE SHARES



Applications start 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! Contact Esme Cole, Bugbee's Outreach Associate, to learn more:
esme@bugbeecenter.org.

Join us for a taste test!

Wednesday, July 2 from 1-2pm

Have you ever looked at one of the vegetables on the shelf and said, 'What the heck is that?' We've got you covered! McKayla Baker from the Vermont Foodbank will be here to share a summer side favorite—Honey Orange Mashed Sweet Potatoes—for you to sample, along with other recipes and resources that highlight some of the delicious veggies in our CSA share from Sunrise Farm. Come get inspired and discover new ways to enjoy your produce!

Limited space for this special event. Please sign up at the desk, or call 802-295-9068.



Bugbee Senior Center Menu

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Pickled Beets w/ Red Onions Mac & Cheese Stewed Tomatoes Green Beans Strawberry Delight</p>	<p>2 Coleslaw Bacon-Wrapped Meatloaf Garlic Mashed Potatoes Brussels Sprouts Apple Crisp</p>	<p>3 Broccoli Slaw Roast Pork w/Gravy Mashed Potatoes Roll Roasted Asparagus Blueberry Cake</p>	<p>4 *Closed for Independence Day* </p>
<p>7 Caesar Salad American Chop Suey Garlic Bread Green Beans Fresh Fruit Salad</p>	<p>8 Tomato Basil Salad Crispy Parmesan Chicken Breast Scalloped Potatoes California Veggies Vanilla Pudding</p>	<p>9 Chef salad w/ Ham, Turkey, Eggs, Pickle, Cheese Roll Chocolate Cake w/ Strawberries</p>	<p>10 4-Bean salad Shake & Bake Pork Chops Sweet Potatoes Roasted Broccoli Seasoned Pita Baked Pears</p>	<p>11 Coleslaw Baked Haddock Seasoned Potato Wedges Spinach Brownie</p>
<p>14 Corn Salad Salisbury Steak Mashed Potatoes Peas & Carrots Garlic Pita Bread Baked Apples</p>	<p>15 Tossed Salad Spaghetti w/ Meat Sauce Zucchini & Summer Squash Dinner Roll Yogurt Parfait</p>	<p>16 Roast Turkey Wrap w/ Lettuce, Tomato, & Cheese Potato Wedge Fruit Parfait w/ Granola</p>	<p>17 Broccoli & Cranberry Salad Marinated Chicken Breast Rosemary Red Potatoes Blueberry Cobbler</p>	<p>18 Cucumber & Tomato Salad C&S Pizza Fresh Fruit Salad</p>
<p>21 Spinach Salad Breaded Chicken Parm w/ Linguini Garlic Bread Green Beans Baked Pears</p>	<p>22 3-Bean Salad Roasted Turkey Potato au Gratin Peas Applesauce Cinnamon Cake</p>	<p>23 *Summer Cookout Night Opening* Burgers & Dogs w/ Delicious Sides <i>*advance registration required*</i></p>	<p>24 Carrot Slaw Chicken & Egg Salad w/ Lettuce, Tomato & Cucumbers Rolls Potato Salad Apricots</p>	<p>25 Garden Salad Shepherd's Pie Green Beans Dinner Roll Blueberry Tart</p>
<p>28 Broccoli-Cranberry Salad Sausage, Peppers & Onions Vegetable Rice Pilaf Corn Bread Pudding w/ Berries</p>	<p>29 House Salad Cheesy Stuffed Shells Roasted Corn Ambrosia Salad</p>	<p>30 Caesar salad Turkey Stew over Biscuit Green Beans Fruited Jello</p>	<p>31 Macaroni Salad Grilled Tomato & Cheese Sandwich w/ Vegetable Soup Watermelon</p>	<p>We serve lunch at noon! Reservations required. Call 802-295-9068 before 10:30 to sign up!</p>



Bugbee Senior Center Activities

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>We serve lunch at noon! Same day reservations required.</p>	<p>1</p> <p>10: Yoga Fusion \$8 10: Cage Sudoku 1: Card Games</p>	<p>2</p> <p>8: Pickleball 9: Foot Clinic \$40 9: Walk with Ease 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 11:30: Tech Help 1: Fiber Crafts</p>	<p>3</p> <p>9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1:30: Mahjong</p>	<p>4</p> <p>*Closed for Independence Day*</p> 
	<p>7</p> <p>8:30: Yoga for Men 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café</p>	<p>8</p> <p>10: Yoga Fusion \$8 10:30: BugbeeTalks: How Senior Center Funding Works 1: Card Games</p>	<p>9</p> <p>8: Pickleball 9: Walk with Ease 9: Foot Clinic \$40 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 11: Sister Act Trip 1: Fiber Crafts</p>	<p>10</p> <p>9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1:30: Mahjong 1:30: Rowing Demo</p>
<p>14</p> <p>8:30: Yoga for Men 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine</p>	<p>15</p> <p>9:30: VINS Mini Trip 10: Yoga Fusion \$8 1: Card Games</p>	<p>16</p> <p>8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts 1: Posture & Body Mechanics</p>	<p>17</p> <p>9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1:30: Mahjong 1:30: Visually Impaired Group</p>	<p>18</p> <p>8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo</p>
<p>21</p> <p>8:30: Yoga for Men 9: Walk with Ease 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 11: Memory Café 1: Boggle 1: Bingo</p>	<p>22</p> <p>10: Yoga Fusion \$8 10:30: Bugbee 2030 Final Presentation 1: Card Games 1: New England Trivia</p>	<p>23</p> <p>8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts</p>	<p>24</p> <p>9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1: BugbeeTalks: Safety Tips 1:30: Mahjong</p>	<p>25</p> <p>8: Pickleball 9: Walk with Ease 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 10: Pool Daze 1: Bingo</p>
<p>28</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Advance Transit Workshop 10: Bridge 1: Boggle 1: Bingo</p>	<p>29</p> <p>10: Yoga Fusion \$8 1: Card Games</p>	<p>30</p> <p>8: Pickleball 9: Foot Clinic \$40 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts 1: Bugbee Talks: Tick Talk</p>	<p>31</p> <p>9: Quilting 10: Cage Sudoku 10: Walking Group 10:30: Buzz Café 1:30: Mahjong 1:30: BugbeeTalks: Senior Medicare Patrol</p>	<p>Call 802-295-9068 before 10:30 to sign up!</p>

Director's Corner

Hello folks, as I'm writing this column, the heat index is over 100! It's definitely summer time. I don't know about you but I kind of felt that this season snuck up on me. It's going to be fun, though. We've got pool time on the Bugbee calendar, local and regional trips, and in case you'd rather stay in the AC, all kinds of great talks and events here at the Center.

I'm looking forward to the Taste Test on July 2nd! McKayla Baker will be here from the Vermont Foodbank to share one of her favorite veggie-based summer recipes. We've been talking at the office and thought: wouldn't it be fun to start a recipe book at Bugbee? Especially with all the seasonal produce coming in from Locally Yours, it would be nice to know what to do with a garlic scape, or how to prepare a salad turnip. Let us know if you've got a favorite recipe or drop it off on my desk!

Speaking of food, we're very happy to welcome Mike Jangel to the team as Kitchen Manager. Many of you have already met him in the lunch room. We've been busy getting him onboard with business at Bugbee. I'll give him a chance to introduce himself with next month's Bulletin, but we're happy to have him on the team!

Happy Fourth of July everyone! Stay hydrated and take care during the summer heat. Bugbee has definitely got the "chilliest" seniors in Vermont. Enjoy the barbecues, fireworks, farmers markets, and sun as best you can.

Mark Bradley
Executive Director



How Senior Center Funding Works Tuesday, July 8 at 10:30 am

CBOs and AAAs and SUAs and HHS and OAA...oh my! Human services rely on an "alphabet soup" of agencies, funding programs, and partners to operate – and none are more important than our local community members and participants. Senior Centers like Bugbee all across the country are important service providers within this network. But, how does it all fit together, who funds them, and what's the future look like? Join Executive Director Mark Bradley as we untangle the way senior center programs are funded and learn more about how to effectively advocate for the services and programs that matter to you most. *We promise: it won't be boring, and just in case, we'll have snacks during the presentation :)*



Bugbee 2030 Final Presentation Tuesday, July 22 from 10:30 to Noon

If it ain't broke don't fix it! Come learn how we'll be building on what already works great at Bugbee, while also preparing to welcome more and more seniors to the community. More than 300 of you took the time to share your feedback during this process! After nearly a year of work and plain ol' thinking, we're ready with a plan based on your input. Join Executive Director, Mark Bradley, to learn what we'll be focusing on over the next few years, what to expect, and maybe even some ways you can help. You're already what makes this place great!



Summer Fitness & Health

Yoga for Men

Weekly on Monday Mornings—Starting July 7, 8:30 to 9:30



Join Linda Harvey, PT and 200 hour/certified Yoga teacher, for this class geared towards men. Beginning with chairs and props you will explore how to become more flexible, build core strength, and improve balance. Yoga has been shown to improve posture, ease joint and back pain, and lower high blood pressure. No experience needed, just a curious mind or a desire to try it again with the ever changing aging body. A sense of humor is always welcome.

Sign up not required. \$8 per class. For more info, please call 802-295-9068 or email hello@bugbeecenter.org.

Indoor Rowing Demo

Thursday, July 10 at 1:30 pm



Rowing, whether on the water or indoors on a rowing machine ("erg"), offers numerous benefits for seniors, providing a low-impact, full-body workout that improves cardiovascular health, muscle strength, and joint flexibility without placing stress on the knees or hips. It enhances balance and coordination, supports healthy posture, and helps maintain bone density—all key for reducing fall risk and promoting independence. Join Upper Valley Rowing Foundation's (UVRF) Carin Reynolds and Peggy Sadler for an information session and demonstration of rowing on an erg; and try it out for yourself, right here at Bugbee! Find out more about UVRF at their website at www.uvrf.org.

Posture & Body Mechanics For Everyday Activities

Wednesday, July 16 at 1:00 pm

"Keep Moving, stay active!" We hear this advice as we age but challenges can occur with sitting, standing, reaching, bending, lifting, and walking in our daily active or not so active lives. Postural awareness in how we sit, sleep, and stand can be improved. Alignment of our spine and how we move while walking, reaching, lifting, bending, be it in the kitchen, garden, work shop, or recreational activities can affect how we feel at the end of the day. Body mechanics is understanding the principles of how posture and the impact of bending and twisting or prolonged positions that may may cause muscle fatigue and injuries. Join Linda Harvey to learn more, no sign up needed.



Foot Clinic @ Bugbee

Select Wednesdays every Month
Dates in July: July 2, July 9, & July 30

Beverly Sinclair, RN, provides foot care for seniors, and will make your feet feel like you're walking on cotton. Appointments fill up fast!

To schedule an appointment, call 802-295-9068.

Foot clinic appointments are \$40.



BUGBEETalks

Speaker Series for Upper Valley Seniors

Safety Tips from Hartford PD Thursday, July 24 at 1:00 pm



Stay safe, Bugbee! Join Hartford PD's Chief Kelley & Corporal Santagate to learn about basic safety when out and about and simple home safety measures. They will also give tips on how to avoid becoming a victim of a crime. It's always good to be prepared!

Advance Transit Workshop Monday, July 28 & Monday, August 11, 10:00 am to 12:00 pm

Advance Transit wants to hear from you! Join a listening session in July to help A/T staff learn more about transit use, barriers to transit use, and other feedback and discussion. The second session in August will be with the same cohort two weeks later.

You will meet at Bugbee, and then take a guided bus trip somewhere, eventually returning here to debrief. To thank participants, each person will receive a \$50 stipend!

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



Tick Talk with Neva Wednesday, July 30 at 1:00 pm

It's summer- time for outdoor fun! It is easy to prevent illness while enjoying the outdoors if you follow some simple health and safety tips. Neva Cote, Chronic Disease Prevention Specialist at the Vermont Department of Health, will share recommendations on how you can stay healthy this summer, including sun and heat safety, tick precautions, and air quality guidance.



Senior Medicare Patrol: Durable Medical Equipment Fraud Thursday, July 31 at 1:30 pm

Have you ever received a phone call from a number you do not recognize offering you "free" medical supplies or equipment? This is one of the most frequent scams targeting Medicare. Durable Medical Equipment (or DME) fraud is unfortunately running rampant. Join Justin from the federally funded nonprofit Senior Medical Patrol program as he leads a discussion on how to prevent and detect DME fraud, and how to report it when it happens. Your reports just may help to uncover a multi-million-dollar healthcare fraud scheme.



Painting with Christine

Monday, July 14 at 1:00 pm

Christine of the Wandering Paint Brush is back for another great painting class! All levels of experience are encouraged to come. Register in advance. \$25 fee covers instruction and all materials. Check out the adorable ladybugs you'll be painting in July! Contact Susan for more info: susan@bugbeecenter.org or at 802-295-9068.



New England Trivia

Tuesday, July 22 at 1:00 pm

Join us for our monthly trivia game! Dust off your thinking caps, grab your friends, have some fun, and win some prizes! The game will include four rounds, with 10 questions per round. Let's see how well you know New England!

No fee to play, open to all. For more info, please call 802-295-9068 or email hello@bugbeecenter.org.

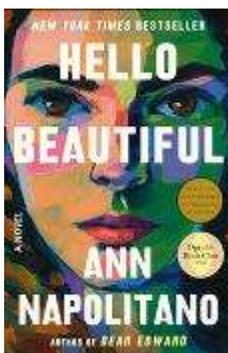


Book Club in July

Friday, July 11 at 1:00 pm

This month's book is *Hello Beautiful* by Ann Napolitano. The discussion is led by Debbie from Quechee/Wilder Libraries. Join in person or virtually!

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

This month: July 7 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.



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.



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



Monet

at Hood Museum
Bring your own Lunch Money
Van Transportation provided

Check out Monet masterpieces at the Hood Museum of Art in Dartmouth!
DEPART BUGBEE @ 10:15 am, RETURN @ 2:00 pm

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

Beat the Heat this Summer!

Summer is in swing! As the weather gets warmer, here are some friendly tips on avoiding heat-related illnesses from the National Institute on Aging.

- Drink plenty of liquids! Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you don't have AC, try to keep your space as cool as possible by keeping the windows shaded during the afternoon and opening windows at night.
- Try to spend time during midday in a place that has AC. For example: we LOVE to chill out here at Bugbee!
- Dress for the weather: wear lightweight, light-colored, loose-fitting clothing.
- If you must go outside, try to limit your time out and avoid crowded places.
- Use sunscreen and wear a hat or other protective clothing to avoid sunburn.
- Ask your doctor if any of your medications make you more likely to become overheated or sunburned.
- Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.



Thank You Bugbee Landscapers!

Our dedicated group of Bugbee Landscape Volunteers have been working hard to keep the outside of the building beautiful & welcoming! Next time you see them out there, thank them for their hard work!

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