



Bugbee Bulletin

Volume 2025, Issue 8
August 2025

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



Aging leads to
new aspirations

Aging is an adventure, and something that we all have in common! Let's make new moments to cheer, compete, and connect at the second annual Bugbee Games. If you're in it to win it, or just here for the stories, laughter, and memories, there's something in store for you. The Games are all about showing up, trying something new, and making new connections. Join us for the thrill and fun of friendly competition.

Sign up today!

Registration is free! Ages 55+.
Call 802-295-9068, see us at the desk, or visit bugbeecenter.org/games
You can also scan the QR code on the right with your phone!

Schedule

	9:00 am	Opening Ceremony	@Bugbee
	10:00 am	March of the Athletes	@Bugbee
MON 8/25	11:00 am	Brunch of Champions Suggested donation: \$6	@Bugbee
	1:00 pm	Indoor Rowing Mini-Golf	@Bugbee @Fore-U
TUE 8/26	9:00 am	500m Challenge	@Maxfield
	10:00 am	Home Run Derby	@Maxfield
WED 8/27	9:00 am	Pickleball	@Maxfield
	11:30 am	H.O.R.S.E. Basketball	@Maxfield
THU 8/28	9:00 am	Puzzle Race	@Bugbee
	1:00 pm	Knitting Race	@Bugbee
FRI 8/29	10:00 am	Bocce Ball Frisbee Bottle Bash Putt Contest	@Lyman
	11:00 am	Cornhole Ladder Toss Lawn Darts	@Lyman
	12:30	Closing Ceremony & BBQ Suggested donation: \$6	@Lyman

2025 Tshirts

This year's Souvenir T-shirts available for \$25. Proceeds benefit programs at Bugbee. Purchase on our website, or preorder at the desk!



SCAN ME!





Bugbee Senior Center Menu

August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We Serve Lunch at noon!</p>	<p>Reservations required. Call 802-295-9068 to sign up!</p>			<p>1 Caesar Salad Breaded Chicken Parm w/ Linguine Roasted Sprouts Garlic Roll Fresh Fruit Salad</p>
<p>4 Spinach Salad Bacon & Onion Quiche Roasted Asparagus Seasoned Dinner Roll Apricots</p>	<p>5 4 Bean Salad Cheese Ravioli w/ Meat Sauce Fresh Broccoli Parmesan Roll Pineapples & Oranges</p>	<p>6 Carrot & Raisin Slaw Broccoli Cheddar Soup & Chicken Salad Sandwich Blondie</p>	<p>7 Tossed Garden Salad Salisbury Steak Sweet Potatoes Carrots Dinner Roll Jello w/ Fruit</p>	<p>8 Marinated Tomato & Cucumber Salad Baked Haddock w/ Bread Topping Roasted Potatoes Spinach Pudding w/ Topping</p>
<p>11 Dill Cucumber Salad Swedish Meatballs over Egg Noodles Green Beans Baked Apple Crisp</p>	<p>12 Cottage Cheese Fruit Plate Creamy Chicken Breast Baked Potato Broccoli Strawberry Delight</p>	<p>13 BBQ RIBS & BINGO NIGHT OPENING BBQ Ribs on the Grill w/ Delicious Sides *advance registration required*</p>	<p>14 Spinach Salad Cheese Stuffed Shell w/Meat Sauce Roasted Corn Dinner Roll Fruit Crisp</p>	<p>15 Pasta Salad C&S Pizza Fruit Salad</p>
<p>18 Beet Salad Mac & Cheese w/ Crumb Topping Stewed Tomatoes Brussels Sprouts Watermelon</p>	<p>19 Classic Coleslaw BBQ Chicken Thigh Zucchini & Summer Squash Corn Bread Blueberry Cobbler</p>	<p>20 3 Bean Salad Rosemary Roast Pork w/ Gravy Mashed Potatoes Green Beans Peach Crisp w/ Topping</p>	<p>21 Garden Salad American Chop Suey California Blend Vegetables Garlic Bread Grapes</p>	<p>22 Pickled Beets Turkey Waldorf Salad w/ Lettuce, Tomato, & Cucumber Bread Stick Orange-Pineapple Cake</p>
<p>25 BUGBEE GAMES: BRUNCH OF CHAMPIONS @ Bugbee Biscuit & Gravy French Toast Stix Scrambled Eggs Home Fries Sausage/Bacon Or... Mac & Cheese Yogurt & Berries</p>	<p>26 Apple Cole Slaw Roast Turkey Au Gratin Potatoes Peas & Onions Dinner Roll Pineapple</p>	<p>27 Tuna & Chicken Salad Plate w/ Lettuce, Tomato, & Cucumber Potato Salad w/ Dill Buttered Roll Chocolate Mousse</p>	<p>28 Garden Salad Chicken Stew over Biscuit Green Beans Yellow Cake</p>	<p>29 BUGBEE GAMES: CLOSING CEREMONY & COOK OUT @ Lyman Point Park Burgers/Hot dogs Baked Bean Pasta Salad Coleslaw Watermelon</p>



Bugbee Senior Center Activities

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call 802-295-9068 before 10:30 to sign up!</p>	<p>We serve lunch at noon! Same day reservations required.</p>			<p>1</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo 1: Book Club</p>
<p>4</p> <p>8:30: Yoga for Men 9:30: Mahjong 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing Class</p>	<p>5</p> <p>10: Yoga Fusion \$8 1: Card Games</p>	<p>6</p> <p>7: Cog Railway Trip 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: Discussion: Community U</p>	<p>7</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1:30: Mahjong 1:30: BugbeeTalks: Emergency Prepare</p>	<p>8</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 10: Pool Daze 1: Bingo</p>
<p>11</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Advance Transit 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café 2: Indoor Rowing Class</p>	<p>12</p> <p>9: Hearing Informational 10: Yoga Fusion \$8 1: Card Games</p>	<p>13</p> <p>8: Pickleball 9:30 Mah Jongg 9:30 Cardio Drumming 10:30: Senior Fitness \$8 12: Foot Clinic 1: Fiber Crafts 4: Summer BBQ Dinner</p>	<p>14</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1: BugbeeTalks: 198 Years on the White River 1:30: Mahjong</p>	<p>15</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo</p>
<p>18</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 11: Memory Café 1: Boggle 1: Bingo 1: Painting w/ Christine 2: Indoor Rowing Class</p>	<p>19</p> <p>10: Yoga Fusion \$8 1: Card Games</p>	<p>20</p> <p>8: Pickleball 9: Billings Farm Mini Trip 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts 1: Card Class with Jodi 1: Cooking Demo</p>	<p>21</p> <p>9: Pedestrian Safety Workshop 9: Quilting 9:30: Walking Group 10:30: Buzz Café 1:30: Mahjong 130: Visually Impaired Group</p>	<p>22</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 10: Pool Daze 12:45: Ice Cream Social 1: Bingo</p>
<p>25</p> <p>9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: "Just Because" Cards</p>	<p>26</p> <p>10: Yoga Fusion \$8 1: Card Games</p>	<p>27</p> <p>8: Pickleball 9:30: Mahjong 9:30: Cardio Drumming 10:30: Senior Fitness \$8 1: Fiber Crafts</p>	<p>28</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1:30: Mahjong</p>	<p>29</p> <p>10: Hartford Nurse Office Hours</p>
 BUGBEE GAMES				
<p>9: Opening Ceremony 10: March of the Athletes 11: Brunch of Champions 1: Mini Golf @ Fore-U 1: Indoor Rowing @ Bugbee</p>	<p>9: 500m Challenge @ Maxfield 10: Home Run Derby @ Maxfield</p>	<p>9: Pickleball Tourney @ Maxfield 11:30: HORSE Basketball @ Maxfield</p>	<p>9: Puzzle Race @ Bugbee 1: Competitive Knitting @ Bugbee</p>	<p>10: Lawn Games 12: Closing Ceremony & BBQ @ Lyman</p>

Director's Corner

We're definitely in summer mode here at Bugbee! July was busier than ever and we're now gearing up for the second annual Bugbee Games. There are a few new events this year and I can't wait to see everyone out and about at the different venues having fun and meeting new people.

I'm looking forward to the discussion on August 6 about the "Community University" idea. Recently I met with Ben Fletcher from the Upper Valley Food Co-op across the street. We were talking about how much collective experience is in the dining room at Bugbee just during an average lunch time. Little did I know, Ben has been working in the background to help provide a platform for community members to share their experience with others. Come hear all about it and bring your ideas! Would you want to teach a class? Something you'd like to learn about? And how do we make it easy for people to participate?

I am also looking forward to convening with the Town of Hartford's Bugbee Building Committee. This group, which is a mix of Bugbee people, Town employees, and community members, will advise the Hartford Selectboard on next steps related to capital improvements on this facility. I am glad to see things move forward—this building is so well-used and well-loved, it is worth considering how to fix things up and to what extent with the resources available.

In the meantime, enjoy the sun, stay hydrated, and see you at Bugbee!

Mark Bradley
Executive Director



Your Body Believes Everything You Think

8 Class Series on Thursdays, Starting in September

"Did you know that what you think can make you sick?" In this class, you will explore medical research about how thoughts profoundly affect our health! Our worldview is formed at an unconscious level by what we take in from our parents, the people we hang out with, the books we read, the shows we watch on TV. Without investigation, we just take for granted that how we see things is "just the way things are!" Perhaps you feel stuck.

The great news is that you can educate and broaden your mental concepts. Now is the time to make a new choice. With equal measures of humor, wisdom, and practicality, this class will help you expand the lens through which you perceive the world. By slowing down and reflecting on what you really believe, you can open up to new possibilities and ways of seeing that are truly supportive of who you are. You will learn tools to cultivate nourishing perspectives, broader views, and empowering ideas, and set ourselves up for a happier, healthier existence.

Jeanne Childs is a Board Certified Clinical Geriatric Chaplain. She served in that capacity at the D-H Aging Resource Center since it's beginning until 2018 when she retired. She continues to teach "health and the human spirit courses and lead support groups for the Aging Resource Center (Lebanon NH) and at Bugbee Senior Center (White River Jct. VT). Her work concentrates on helping seniors build the awareness, motivation, and skills to keep themselves and their relationships healthy, positive and effective.

Sign up is required prior to the first session! For more information, or to register, please call 802-295-9068 or email hello@bugbeecenter.org.

Summer BBQ Dinner & High Stakes Bingo **Wednesday, August 13—Doors open at 4:00 pm**

Join us for a fun filled night with your friends. Enjoy good company and delicious ribs on the grill! After dinner, stick around for high stakes bingo. Cards are \$3 a pop for 10 games.



Sign up is required for dinner. Please call 802-295-9068 or email hello@bugbeecenter.org to register!



Ice Cream Social **Friday, August 22 at 12:45 pm**

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! Advance registration is required for our Turkey Waldorf Lunch. To register, please email hello@bugbeecenter.org or call 802-295-9068.



Arts & Crafts at Bugbee

Painting with Christine **Monday, August 18 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. We'll be painting hot air balloons in August! Contact Susan for more info: susan@bugbeecenter.org or at 802-295-9068.



Summer Card Class with Jodi **Wednesday, August 20 at 1:00 pm**

Let's enjoy 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. Class fee is \$15. For more information, or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

"Just Because" Card Making **Monday, August 25 at 1:00 pm**

Tap into your creative side and let one of our Meals on Wheels participants know that their community cares about them! This month, we're making cards just because!



Supplies are provided & no sign up is required! For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

BUGBEE Talks

Speaker Series for Upper Valley Seniors

Community University

Wednesday, August 6 at 1:00 pm

Want to learn? Want to teach? Let's talk! There are so many people in our area with experience on different topics, more than we can imagine. At Bugbee, we love inviting community members to share their knowledge and skills with us – and it turns out, our partner organizations do, too! Join Director Mark Bradley and Ben Fletcher from the Upper Valley Food Coop to discuss the potential of a new “community university” model, to help connect you with free classes and workshops led by our own friends and neighbors.



Emergency Preparedness

Thursday, August 7 at 1:30 pm

Are you ready for the unexpected? Join Rich Doolen, Emergency Management Director for Randolph, VT, for an informative presentation on Vermont Emergency Preparedness, where you'll learn how to stay safe and resilient in the face of natural disasters, power outages, severe weather, and more. From assembling a go-kit to understanding local resources and response plans, this session will provide practical tips and vital information to help you and your community be prepared for anything. Don't miss this chance to take charge of your safety and gain peace of mind!



Hearing Testing & Informational

Tuesday, August 12 at 9:00 am

Do you find that you keep turning up the volume on the TV? Have you noticed that restaurants seem too noisy and your friends' voices are too soft to understand? Have you wondered why your spouse or partner is always mumbling and refuses to just “speak up”? If you answered YES to any of these questions, then it might be you and not them. And it may be time to get your hearing checked.



Jennifer from Miracle Ear in West Lebanon will be at the Center to provide a little background and clarity on the importance of hearing on our overall health and well being. After the presentation, there will be slots available to have a FREE hearing screening performed to help establish a baseline of your hearing today. You must attend the presentation in order to register for a free hearing!

198 Years on the White River—What Can be Learned?

Thursday, August 14 at 1:00 pm

This presentation is especially pertinent given the disastrous floods in TX and NM. There are long records of measurements of the river depth and flow (done every 15 minutes!) on the White River and on many other rivers throughout the country...what are the reasons for this? Mike Ferrick, Retired Hydrologist, will explain how he uses White River observations to investigate rivers.



Thanks to National Active and Retired Federal Employees Association for sponsoring this event!

Pool Daze

Select Fridays during the Summer

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 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.



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

Lucky Number Bingo

Special Bingo pot starting in August

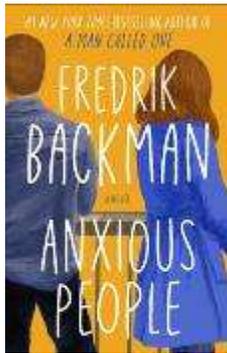
Starting in August we will run a new fun game to coincide with Bingo. For \$1 - guess (one guess per square) the first number called on our Bingo days (Mondays, Fridays, Special Days). We will collect the \$ in a pot. When your number is called you win the pot!



Book Club in August

Friday, August 1 at 1:00 pm

This month's book is *Anxious People* by Fredrik Backman. 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

Monday, August 11 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.



BUGBEE Mini Trips

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.

Wed
Aug
20

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

Wed
Sept
3

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

Thu
Sept
25

Mini Golf

at Fore-U
\$12 for admission
Carpooling encouraged

Just like the June Mini-Trip, except in September! Mini-golf is fun, social, and a great activity to help maintain good balance.
DEPART BUGBEE @ 1:00 pm, RETURN @ 2:30 pm

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

Become a Grandfriend!

Brighten a Student's Day! Looking for a simple, meaningful way to make a difference? Become a pen pal (a.k.a. "Grandfriend") with a student at the White River Elementary School! Whether you share stories, jokes, or words of encouragement, your messages can bring joy, companionship, and a lasting bond. Help bridge generations, one letter at a time! Interested? Sign up today and start spreading smiles through the mail! Letters will start in the Fall, once school resumes. For more information, or to register, please call 802-295-9068 or

Pedestrian Safety & Mobility Workshop

Thursday, August 21, 2025, 9:00 am - 2:30 pm

Join AARP Vermont, Vital Communities, Bugbee and community partners for a training on improving walkability options in WRJ. This is an interactive workshop for those who want to improve walkability options. "America Walks" will be here to show us ways to evaluate walkability conditions with opportunities to develop community projects that can lead to lasting changes in a streetscape. This workshop is free, and all ages and abilities are welcome. FREE lunch is included! Call 802-295-9068 to sign up!

Cooking Demonstration with Chef Dave from Riverside Tech Wednesday, August 20 at 1:00 pm

Chef Dave of the Riverside Technical Center will do a cooking demonstration and tasting, featuring easy, quick ways to prepare delicious, satisfying, healthy meals with fresh local foods.



Indoor Rowing Class

with friends from the UV Rowing Foundation

Monday 8/4, 8/11, 8/18 at 2:00 pm

Rowing 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. Our friends from the UV Rowing Foundation will be here Mondays at 2:00 to help you learn the fundamentals of rowing and to get ready for the Rowing competition at the Bugbee Games on August 25! Space is limited: call 802-295-9068 to sign up.

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