

Pizza & High Stakes Bingo Night Opening

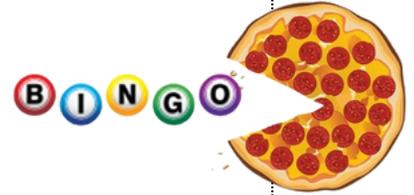
Wednesday, September 17

Dinner at 5:00 pm High Stakes Bingo afterwards!

Did someone say pizza? Join your friends at Bugbee for another fun filled night of laughs and pizza! After dinner, we'll play high stakes bingo. \$3 a card for 10 games.

Sign up is required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org!

The Center will be open for activities during the day—no noon lunch or meal deliveries.



Vaccine Clinic

Friday, September 19

Stay up to date on the latest vaccines! This clinic provided by Conley's Drug Store.

Multiple vaccines are available and may be administered at the same time. Flu, covid, pneumonia, RSV, shingles, and TDAP are available.

Registration required. Fill out the form online (scan the QR code with your phone) or call 802-295-9068.



Ipswich, MA

Scan the code to register!

Bugbee Test Kitchen

Beginning Thursday, September 11

The Test Kitchen is a three-part community discussion to get feedback on the Bugbee menu. Participants will work alongside staff to develop new menu items, sample new recipes, and pick the best to put into the menu rotation. Gift cards are available for participants. To apply, visit the front desk or call 802-295-9068.

Thank you to Vermont Foodbank for sponsoring this program. Space is limited - applications will be accepted until September 5th or until all seats are filled.



Vermont Foodbank

Thank you, Volunteers, Sponsors, & Participants!

That's a wrap for the Games this year! We had 25 trusty volunteers and 40 participants across 14 different competitions during the last week of August. It was quite the undertaking! We so appreciate your involvement in turning an otherwise normal late-August week into something special. Thank you!



Menu September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor Day 	2 Bean Salad Mac & Cheese Stewed Tomatoes Green Beans Roll Peaches & Cream	3 Cole Slaw Grilled Hot Dog Baked Beans Corn Fruit Crisp	4 Green Salad Chicken Parm w/ Linguine Zucchini Wheat Roll Yogurt Parfait	5 Pickled Beets Shepherd's Pie California Blend Wheat Dinner Roll Strawberry Shortcake
8 4 Bean Salad Lemon Chicken Vegetable Rice Pilaf Broccoli Seasoned Flat Bread Melon	9 Tomato Basil Salad Roast Pork w/ Gravy Baked Potato Green Beans Whole Grain Dinner Roll Apple Sauce	10 Chef Salad w/ Ham & Turkey Hard Boiled Egg Cheese Seasoned roll Chocolate Cake w/ Berries	11 Broccoli Salad Stuffed Shells Seasoned Corn Wheat Roll Apricots	12 Green Salad Beef Stew Corn Bread Strawberries & Cream
15 Ambrosia Salad American Chop Suey Flat Bread Peas Melon w/ Berries	16 Broccoli Slaw Chicken n' Biscuit Green Beans Baked Pears	17 *Night Opening* House Salad C&S Pizza Ice Cream Advance registration required *no meal delivery*	18 Chicken & Egg Salad Lettuce, Tomato, & Cucumber Wheat Garlic Roll Apricots	19 Cucumber Salad Spaghetti w/ Meat Sauce Garlic Bread Broccoli Mandarins
22 House Salad Baked Haddock w/ Crumb Topping Roasted Potatoes Mixed Vegetables Wheat Dinner Roll Pineapple Cake	23 Spinach Salad Turkey Wrap w/ Lettuce, Tomato, & Cheese Macaroni Salad Jell-O w/ Fruit	24 Bean Salad Meatloaf Mashed Potatoes Peas Garlic Pita Chips Fresh Melon	25 Cole Slaw Baked Ham Potatoes au Gratin Glazed Carrots Wheat Biscuit Brownie Delight	26 Asian Salad BBQ Chicken Baked Potato Green Beans Yogurt Parfait
29 Garden Salad Chicken Cordon Bleu Roasted Potatoes Carrots Whole Grain Roll Ambrosia	30 Cole Slaw Beef Chili topped w/ Cheese Corn Bread Cookie Delight			

We serve lunch at noon! Reservations required. Call 802-295-9068 before 10:30 to sign up!
Suggested donation is \$6.



Activities September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed for Labor Day</p> 	<p>2</p> <p>10: Yoga Fusion 1: Card games</p>	<p>3</p> <p>8: Pickleball 9: Foot Clinic 9:30: Hood Museum Mini Trip 9:30: Mahjong 10:30: Senior Fitness 11:30: Tech Help 1: Fiber Crafts 1: 8x8 Photo Album Class</p>	<p>4</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1:30: Mahjong</p>	<p>5</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo 1: Book Club</p>
<p>8</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief Café</p>	<p>9</p> <p>10: Yoga Fusion 1: Card games</p>	<p>10</p> <p>8: Pickleball 8:30: Foster's Trip 9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts 1: BugbeeTalks: Age Strong VT</p>	<p>11</p> <p>9: Quilting 9:30: Walking Group 10: Your Body Believes* (*8-weeks, sign up) 10:30: Buzz Café 1: Botticelli Art Talk 1:30: Mahjong 1:30: Test Kitchen* (*advance sign up required)</p>	<p>12</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo</p>
<p>15</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</p>	<p>16</p> <p>10: Yoga Fusion 11: Group Geoguessr 1: Card games</p>	<p>17</p> <p>8: Pickleball 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts 5: Pizza Night* *advance registration required*</p>	<p>18</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1: Medicare Talk 1:30: Mahjong 1:30: Test Kitchen* (*advance sign up required)</p>	<p>19</p> <p>8: Pickleball 9:30: Mahjong 9:30: Vaccine Clinic 10: Chair Yoga 10: Hartford Nurse 1: Bingo</p>
<p>22</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine</p>	<p>23</p> <p>10: Yoga Fusion 1: Card games 1: 12x12 Scrapbook Page Class</p>	<p>24</p> <p>8: Pickleball 9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts</p>	<p>25</p> <p>9: Quilting 9:30: Walking Group 10:30: Buzz Café 1: Mini Golf Mini Trip 1:30: Mahjong 1:30: Test Kitchen* (*advance sign up required)</p>	<p>26</p> <p>8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo</p>
<p>29</p> <p>8:30: Yoga for Men 9:30: Mahjong 9:30 & 10:40: Outdoor Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>30</p> <p>9:30: Taste of Vermont Mini Trip 10: Yoga Fusion 1: Card games 1:30: Cowboy Country Travel Presentation</p>			

Director's Corner

September, 2025

Did anyone else feel like August just flew by? Whew, between the trips and activities and the Games, you all sure keep us moving! I'm looking forward to the fall. Let's hope for some nice colors in the leaves and hopefully more than a few warmer days to enjoy.

You may notice that the Bulletin looks a little different. Please feel free to share feedback: what you like, what you don't like, or any suggestions. The program that we usually use to publish the Bulletin was Microsoft Publisher, and is soon being discontinued. We are trying this program out. Alec seems to like it, as it's easier to find clip art :)

There's a lot to be excited about this September. I am looking forward to the Test Kitchen. That will be three workshops with a small group of you, where we'll talk about how we build the menu, take your suggestions, and try out some new recipes. It should be fun, and a great way to get your involvement into the way we do things here. If all goes well we will schedule more like this in the future.

I'm also looking forward to the "Group Geoguessr Game," on page 5 of the Bulletin. I played this at a friend's gathering recently and had a theory that seniors - with all your life experiences and world travels - might be better than younger people at guessing where in the world the game drops us off. Give it a try!

In the meantime, thank you for a wonderful summer at Bugbee. Sometimes I have to take a moment to look back at what our community has accomplished recently. There are so many individual moments of kindness, care, and thoughtfulness. Thank you for including me and the rest of our team.

Mark Bradley
Executive Director



Your Body Believes Everything You Think

8 Class Series on Thursdays - September 11 to October 30 at 10 am

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.



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.

<p>Wed Sept 3 10:00 am</p>	<p>Monet at the Hood Museum Monet: Reimagining the French Landscape presents two masterpieces by the famous French Impressionist. Check out his artwork at the Hood Museum of Art in Dartmouth! Bring your own money for lunch @ 99 Restaurant. Call 802-295-9068 or email hello@bugbeecenter.org to register for this mini trip.</p>	
<p>Thu Sept 25 1:00 pm</p>	<p>Mini Golf at Fore-U Just like the June Mini-Trip, except in September! Mini-golf is fun, social, and a great activity to help maintain good balance. \$12 for admission. Registration required. Please call 802-295-9068 or email hello@bugbeecenter.org.</p>	
<p>Tue Sept 30 9:30 am</p>	<p>Taste of Vermont: Fall Foliage Ride Enjoy a scenic ride to Waterbury. Browse the Cold Hollow Cider Mill. Enjoy a delicious lunch at the Cafe at Cold Hollow. Stop at Cabot Cheese and Lake Champlain Chocolates. End your eating experience with ice cream at Ben & Jerry's. \$10 fee for this trip. Sign up required. Call 802-295-9068 or email hello@bugbeecenter.org.</p>	

Group Geoguessr Game

Tuesday, September 16 at 11:00 am

Imagine this: you've been dropped off in a random location somewhere in the world, and you only have five minutes to guess your location. Will the clue be a street sign or a landmark? The way the buildings look? The type of greenery? Don't worry if you'll be good at it or not! Join the fun, explore the world, and meet new people with this riveting game all about noticing hidden details that make different places feel unique.

Space is limited. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up!



Digital Media Creation for Seniors @ JAM

Fridays at 10 am - September 19 to November 14

Discover the art of digital creation with Junction Arts & Media's fall workshop for seniors (age 60+). Staff will welcome you to JAM's public access studio space in the Gates-Briggs building in White River Junction, VT and share techniques for video production, camera work, story structure, editing, audio, social media content creation, and more. You will learn the tools you need to craft your own creative project, whether it's a digital scrapbook, documentary video, an Instagram account to connect with grandkids, an original podcast or audio memoir, or other tools empowering you to tell your own story. Bring your own project ideas, or just come curious and ready to be inspired to create something new through the process.

This is FREE 9-week workshop is made possible through support from AARP. JAM - Junction Arts & Media is fully accessible at ground level and located at the Gates-Briggs Building, 5 South Main on the ground floor (the former Newbury Market). To sign up scan the QR code to the right or visit: uvjam.org/digital-media-creation-for-seniors.



Scan with your phone to sign up!

Age Strong VT: Year One

Wednesday, September 10 at 1:00 pm

Sarah Keating from the Vermont Department of Disabilities, Aging, and Independent Living (DAIL)

will be visiting to talk with us about this important 10-year visionary plan with strategies for making Vermont a great place for all ages and stages of life. No registration required.



Pippa Drew Art Talk: Botticelli

Thursday, September 11 at 1:00 pm

Sandro Botticelli (1445 - 1510) was an Italian painter of the Early Renaissance. His reputation suffered until British artists, the Pre-Raphaelites, rediscovered him in the late 19th century. No registration required. Suggested donation of \$3.



Medicare Open Enrollment: What You Need to Know

Thursday, September 18 at 1:00 pm

Join Tirah Brothers from Senior Solutions as she covers everything you need to know about Medicare Open Enrollment. Whether you're reviewing your current plan or exploring new options, this presentation will help you understand key dates, plan changes, coverage options, and how to avoid common pitfalls. Get the guidance you need to make confident, informed decisions about your healthcare coverage. No registration required. Questions? Please email info@seniorsolutionsvt.org or visit seniorsolutionsvt.org.



Collette Travel Presents: Cowboy Country

Tuesday, September 30 at 1:30 pm

Join Collette Travel as they introduce the upcoming planned trip to America's Cowboy Country! Discover America's Cowboy Country in September 2026! Highlights of this trip: Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Jackson Hole, Grand Teton National Park



Learn About Visiting Nurse & Hospice of VT and NH

Thursday, October 2 at 1:00 pm

You'll learn about:

- Home health nursing & support
- Rehabilitation services (PT, OT, Speech Therapy)
- Hospice and palliative care
- Caregiver support & community resources
- How we bring compassionate care right to your doorstep

Why Attend?

Discover how VNH can support you, your loved ones, or your patients. Ask questions about the service, and how to get them. Learn about programs designed to bring comfort, independence, and peace of mind. Enjoy a friendly and relaxed setting!



Don't miss this chance to connect, learn, and explore how VNH makes a difference in our community every day. No registration required.



Weekly

Mondays

- 8:30 Men's Yoga
- 9:30 Mahjong
- 9:30 & 10:45 Tai chi
- 10 Bridge
- 1 Boggle
- 1 Bingo

Tuesdays

- 10 Gentle Flow Yoga
- 1 Cribbage
- 1 Hand & Foot

Wednesdays

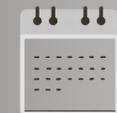
- 9:30 Mahjong
- 10:30 Senior Fitness
- 1 Fiber Crafts

Thursdays

- 9 Quilting
- 9:30 Walking Group
- 10:30 Buzz Cafe
- 1:30 Mahjong

Fridays

- 9:30 Mahjong
- 10 Chair Yoga
- 1 Bingo



Monthly

- 1st Mon @ 2: Grief & Healing Cafe
A Space to talk through grief
- 1st Wed @ 11:30: Tech Help
Slots fill up quick! 802-295-9068 to register
- 1st Thu @ 11: Welcome Lunch
If you're new to Bugbee - Join us for lunch with other newcomers!
- 1st Fri @ 1: Book Club
This month's book is The Light Pirate

Arts & Crafts

@BUGBEE



8X8 Paper Photo Album with Judy

Wednesday, September 3 at 1:00 pm to 3:30 pm

Have fun and meet new people while learning to make the perfect personal gifts for others (or yourself)! Bring 12 - 22 photos. Examples: vacation, reunion, loved ones, holidays, pets, and more. All materials and the use of her tools are included. Page protector packets will be on hand for purchase to protect photos. If you want Judy to print the photos off your cell phone so she can have them for you at the class it can be arranged in advance for 30 cents per photo. High quality Epson photo paper used.



Class fee \$15. Size limited to 10 people. Advance sign up required. Contact hello@bugbeecenter.org or call 802-295-9068 to register.

*Homemade cookies will be provided after class!

Painting with Christine

Monday, September 22 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. For anyone who has taken a class with Christine, you know it is Always FUN! In September, paint an immersive twilight forest. Take home your very own Masterpiece.



Register in advance. \$25 fee covers instruction and all materials. For more information or to sign up, contact hello@bugbeecenter.org or 802-295-9068.

Easy 12x12 Scrapbooking Class

Tuesday, September 23 at 1:00 pm to 3:30 pm

Want to have fun and enjoy the company of other scrapbook beginners? EASY is the key! No creativity required! Just bring 16 photos and you'll leave with two decorated pages (4 sides) inside protective sleeves that can easily be added to an album later.



Tools and all material provided. Class fee \$20.00. Advance sign up required. To register, contact hello@bugbeecenter.org or 802-295-9068.

*Homemade cookies will be provided after class!



Pet Photo Board

We've seen enough of your beautiful faces. Now it's time to see your pets! Bring in a photo of your pet that we can put up on the Bugbee photo board.

Who has the cutest cat or dog or guinea pig or bird?



Bugbee Karaoke Sing Along

Wednesday, October 8 at 1:30 pm

Calling all singers (and wannabes). Our inaugural group karaoke was such a hit, we've decided to host it again! This time, we want your ideas for songs!

When music brings back memories of events, people, and places from our past it is known as a music-evoked autobiographical memory and it's a fairly common experience. What songs bring back fond memories for you? Of your first car, your first dance, your first kiss. Or maybe your first child or grand-child. Let us know what songs bring back memories for you. We'll try to included them in our set list for the Bugbee Karaoke Sing Along!

The show will be led by two of our very talented volunteers, Kathy & Allen. No Registration required. For more information, or to request a song, please call 802-295-9068 or email hello@bugbeecenter.org.



September 2025



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