



OCTOBER 2025

BULLETIN

food friendship participation purpose

Oktoberfest at Bugbee

Wednesday, October 1

Dinner at 5:00 pm High Stakes Bingo afterwards!

It's Oktoberfest. We don't have beer, but we do have bingo! 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.



Menu

- Pretzel w/ Beer Cheese Sauce
- Bratwurst w/ Sauerkraut
- German Potato Salad
- Sweet & Sour Cabbage
- Bavarian Cream Phyllo Cup with Berries

Monthly Newcomers Welcome Lunch Hosted by our Welcome Squad

First Thursday of Every Month at 11 am

Joining a new community can seem daunting—but everyone is welcome at Bugbee where friendship and hospitality thrive! On October 2, the members of Bugbee's newly formed Welcome Squad will join newcomers during the first of our ongoing monthly Welcome Lunches. The Welcome Squad will greet newcomers with a brief tour of our center, offer an introduction to our programs and services, and provide an opportunity to meet people. Then, we will enjoy lunch together!

This opportunity is designed to help newcomers feel seen, acknowledged, and included. It is a simple act of hospitality to let people know they have a home with us — to discover that they belong at Bugbee where no one is alone. Help us spread the word by inviting potential new members to join us! *Registration required! Call 802-295-9068 or email hello@bugbeecenter.org to sign up!*



Bugbee Karaoke Sing Along

Wednesday, October 8 at 1:30 pm

Calling all singers (and wannabes). Our inaugural group karaoke was such a hit, so 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 grandchild. Let us know what songs bring back memories for you. We'll try to include 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 karaoke. To sign up for lunch, or to find out more information or to request a song, please call 802-295-9068 or email hello@bugbeecenter.org.

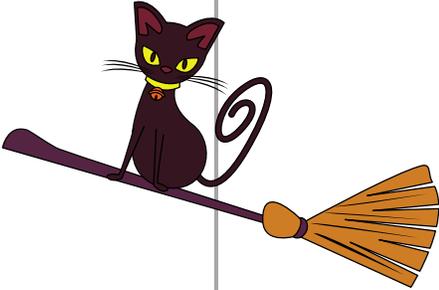


Published monthly by White River Council on Aging
262 North Main Street, White River Junction, Vermont

802-295-9068
hello@bugbeecenter.org

Menu OCTOBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1			2	3
		<p>*Night Opening*</p> <p>Traditional Oktoberfest Feast</p> <p><i>advance registration required</i></p> <p><i>*no meal delivery*</i></p>	<p>Carrot Slaw</p> <p>Chicken Salad Wrap</p> <p>Broccoli Cheddar Soup w/ Crackers</p> <p>Blondie</p>	<p>3 Bean Salad</p> <p>Cheese Ravioli w/ Meat Sauce</p> <p>Brussels Sprouts</p> <p>Garlic Bread</p> <p>Pineapple & Mandarins</p>
6	7	8	9	10
<p>Caesar Salad</p> <p>Chicken Parm w/ Linguini</p> <p>Green Beans</p> <p>Wheat Roll</p> <p>Mixed Fruit</p>	<p>Chickpea Salad</p> <p>Shake & Bake Pork Chop</p> <p>Scalloped Potatoes</p> <p>Broccoli</p> <p>Spice Cake</p>	<p>Ambrosia</p> <p>Turkey Waldorf Salad w/ Lettuce, Tomato, & Cucumber</p> <p>Bread Stick</p> <p>Strawberry Delight</p>	<p>Broccoli Salad</p> <p>American Chop Suey</p> <p>Roasted Corn</p> <p>Wheat Garlic Roll</p> <p>Fresh Fruit</p>	<p>House Salad</p> <p>Grilled Cheese & Tomato Basil Soup</p> <p>Peach Crisp</p>
13	14	15	16	17
<p>Closed for Indigenous Peoples' Day</p> <p style="text-align: center;"></p>	<p>Green Salad</p> <p>Spaghetti w/ Meatballs</p> <p>Garlic Parm Roll</p> <p>Green Beans</p> <p>Brownie</p>	<p>Cole Slaw</p> <p>Baked Sole</p> <p>Baked Potato</p> <p>Asparagus</p> <p>Fresh Fruit Parfait</p>	<p>Spinach Salad</p> <p>Onion & Mushroom Quiche</p> <p>Green Beans</p> <p>Fruit Cobbler</p>	<p>Arugula Salad</p> <p>Chicken Piccata</p> <p>Vegetable Rice</p> <p>Broccoli</p> <p>Wheat Roll</p> <p>Pudding w/ Topping</p>
20	21	22	23	24
<p>Marinated Beet Salad</p> <p>Mac & Cheese</p> <p>Fire Roasted Stewed Tomatoes</p> <p>Baked Pears</p>	<p>Magnificent Salad</p> <p>BBQ Chicken Thigh</p> <p>Roasted Potatoes</p> <p>Corn w/ Red Peppers</p> <p>Corn Bread</p> <p>Watermelon</p>	<p>House Salad</p> <p>Salisbury Steak</p> <p>Mashed Sweet Potatoes</p> <p>Glazed Carrots</p> <p>Jell-O w/ Fruit</p>	<p>Cole Slaw</p> <p>Parmesan Crusted Baked Haddock</p> <p>Baked Potato</p> <p>Green Beans</p> <p>Oatmeal Raisin Cookie</p>	<p>Yogurt w/ Berries</p> <p>French Toast Scrambled Eggs Sausage Link</p> <p>Orange Wedge</p>
27	28	29	30	31
<p>House Salad</p> <p>Chili Soup</p> <p>Corn Bread</p> <p>Jell-O W/ Fruit</p>	<p>Marinated Mushrooms</p> <p>Chicken Teriyaki Filet</p> <p>Roasted Potato Wedges</p> <p>Broccoli</p> <p>Pudding w/ Topping</p>	<p>Green Salad</p> <p>Shrimp Scampi</p> <p>Asparagus</p> <p>Roll</p> <p>Fruit</p>	<p>Veggie Sticks w/ Dip</p> <p>Baked Ziti w/ Meat Sauce</p> <p>Green Beans</p> <p>Dinner Roll</p> <p>Brownie</p>	<p>Tomato Mozz Salad</p> <p>Shepherd's Pie</p> <p>Peas</p> <p>Pita Bread</p> <p>Parfait</p>

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



Activities OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OCTOBER</p>		1 8: Pickleball 9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 11:30: Tech Help 1: Fiber Crafts 5: Oktoberfest Dinner* <i>*advance registration required*</i>	2 9: Quilting 10:30: Buzz Café 1: BugbeeTalks: VNH Hospice Talk 1:30: Mahjong	3 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 12: Cedar Circle Farm Mini Trip 1: Bingo 1: Book Club
6 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café 2: Indoor Rowing	7 8:30: Yoga for Men* <i>*New Date</i> 10: Gentle Flow Yoga 10:30: Geoguessr 1: Card Games 1: Fall Films with Don 2: Senior Learning Network Zoom	8 8: Pickleball 9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts 1:30: Bugbee Sing-Along	9 9: Quilting 10:30: Buzz Café 1: Art Talk with Pippa 1: Mahjong Lessons* (*8-weeks, sign up) 1:30: Mahjong 1:30: BugbeeTalks: Medicare Talk	10 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo 2: Fall Card Class w/ Jodi
13 Closed for Indigenous Peoples' Day 	14 8:30: Yoga for Men* <i>*New Date</i> 10: Gentle Flow Yoga 10:30: Moments in Time Opening Reception 1: Fall Films with Don 1: Card Games 2: Senior Learning Network Zoom	15 8: Pickleball 9:30: Mahjong 10:30: Senior Fitness 11:30: Tech Help 1: Fiber Crafts 1: BugbeeTalks: Medicare Talk	16 9: Quilting 10:30: Buzz Café 1: BugbeeTalks: FCP Live-in Presentation 1:30: Mahjong	17 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo
20 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Intro Tai Chi 10: Memory Café 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine	21 8:30: Yoga for Men* <i>*New Date</i> 10: Gentle Flow Yoga 1: Card Games 2: Senior Learning Network Zoom	22 8: Pickleball 9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts	23 9: Quilting 10:30: Buzz Café 1:30: Mahjong	24 8: Pickleball 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo
27 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Bridge 1: Boggle 1: Bingo 1: Halloween Card Making 2: Indoor Rowing	28 8:30: Yoga for Men* <i>*New Date</i> 9:30: AARP Walk/Roll Workshop 10: Gentle Flow Yoga 10: Show & Tale 1: Card Games 2: Senior Learning Network Zoom	29 8: Pickleball 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts 1:15: Performing Old Standards	30 9: Quilting 10:30: Buzz Café 1:30: Mahjong	31 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 11: Halloween Costume Contest 1: Bingo

Arts & Crafts

@BUGBEE



Fall Card Class with Jodi

Friday, October 10 at 2:00 pm

In this session, participants will create three elegantly folded greeting cards. Attendees may select their preferred message, such as Birthday, Thank You, In Appreciation, Celebrate, Sympathy, among others, allowing for personalized designs. Additionally, participants will receive supplies to enable the creation of extra cards, including patterned paper, cardstock, and embellishments. Please bring glue and/or adhesive dots and a small pair of scissors. Class size is limited to 10 people. Register by October 4. Class fee is \$20. For more information or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Painting with Christine

Monday, October 20 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. To sign up, call 802-295-9068 or email hello@bugbeecenter.org.



Halloween Card Making

Monday, October 27 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! Have fun making spooky Halloween cards. Supplies are provided & no sign up is required! For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Alzheimer's Association Art: Moments in Time

Opening Reception & Caregiver Listening Session: Tuesday, Oct 14 at 10:30 am

Moments in Time, a collection of art by Vermonters with Dementia, will hang at Bugbee Senior Center from September 30 – October 24, 2025. This collection, curated by the Vermont Chapter of the Alzheimer's Association, has been traveling around the state since its debut at the Statehouse in April.

Opening reception attendees will have an opportunity to view the full show, learn more about dementia caregiving in Vermont and nationally, hear from Vermont dementia caregivers and share their stories, and meet with elected leaders. Staff from the Vermont Chapter of the Alzheimer's Association will be present to answer questions and share caregiving resources.



No registration required for the opening reception. For more information please call 802-295-9068 or email hello@bugbeecenter.org.

Entertainment & Community

Fall Films with Don

Starting Tuesday, Oct 7 at 1:00 pm

Don is back with a Fall Film Class of Musicals! Light refreshments will be provided for movie goers. You are encouraged to bring your own cushion, or even a chair (within reason).

No registration required. Films are shown on select Tuesdays at 1 pm. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

Film List

Oct 7 – South Pacific
Oct 14 – Singing in the Rain
Nov 4 – Music Man
Nov 18 – Oklahoma
Nov 25 – Top Hat
Dec 2 – Gigi
Dec 9 – Sound of Music



Cedar Circle Farm

Friday, Oct 3 at 12:00 pm

Join us for a scenic ride through the foliage out to East Thetford, VT, where we will enjoy a guided tour and tasting of fall fruits and vegetables at Cedar Circle Farm. In addition to the tour, we will be sure to stop by the market for anyone interested in picking up extra veggies for home! Registration required! \$20 per person. Please call 802-295-9068 or email hello@bugbeecenter.org.

BUGBEE
Mini Trips



Group GeoGuessr

Tuesday, Oct 7 at 10:30 am

Since our first round of GeoGuessr was a hit, we're hosting it again! 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... Can you figure it out? Two teams will compete. Registration required! To sign up, Please call 802-295-9068 or email hello@bugbeecenter.org.



Show & Tales

Tuesday, October 28 at 10:00 am

Hogs, Heifers, and Homesteads

Show & Tale is like Antiques Roadshow meets The Moth, or your favorite Pinterest board come to life! In honor of farmers, farming, and food, join us for a morning of sharing your stuff & stories. Did you grow up on a farm? Did you show any animals at a country fair? Drive a tractor? We would love to hear your stories, or perhaps you would rather just listen to them, it's all good! *Not a farmer? Show & Tales will be back on November 4 to share Veterans' Stories!* No registration required. For more info, call 802-295-9068 or email hello@bugbeecenter.org.



Performing Old Standards

Wednesday, October 29 at 1:15 pm

Paul Barker and Ford Daley have been performing together for over a decade in a variety of venues. They met while working together at Hanover High School and found they had similar tastes in music – folk, easy pop, and country, among others. They perform well known songs for traveling down our memory lanes together. They also include songs from the Great American Songbook to further enhance our shared memories. They encourage the audience to sing along with them and accept requests. Their goal is to have the audience have as much fun as they are having. No registration required! Suggested donation of \$3-\$5. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Director's Corner

October, 2025

I think I say this every year, but Fall is my absolute favorite season, I don't know if it's only because my birthday is this month, or if it's because I like apple season, pumpkin spice, and cooler weather. Either way, hope you'll be able to join us for some meals and activities!

October 1st is Bugbee New Year – well, the start to our fiscal year, but that sounds boring. It's the start of our fundraising season, and I hope you are able to consider a contribution. We receive funding from a variety of sources, but this year are expecting less to come from Senior Solutions for the meals program, as they have placed a cap on the number of meals they will reimburse. You can help by making sure your paperwork is up-to-date, as they have asked us to use new annual intake forms, as well.

Beyond the meals programs, many of the additional programs also rely on community donations, so this season's fundraising will be important in shaping what we can afford to offer in 2026. We'll be working behind the scenes with all our funding sources to build the support needed to keep the calendar full of great programs and activities. Bugbee is what we make of it together, and everyone has a stake in this community!

In the meantime, thank you all for being part of life here. Going into my sixth year here, I still look forward to coming to work everyday thanks to all of you. Enjoy the foliage and see you soon.

Mark Bradley, Executive Director



Intro to Tai Chi

Monday, October 20 at 10:00 am

Relax and enjoy an opportunity to learn about Fall Prevention Tai Chi and how this form can help with strength, flexibility, focus, and balance while having fun with others. Check out what it's all about and have a chance to try a few simple, gentle, and slow moves to see how it feels! Free! Registration Requested. For more info, please call 802-295-9068 or email hello@bugbeecenter.org.



Beginner Mahjong Lessons

New 8-week session! Starting Thurs 10/9 at 1:00 pm

Have you been itching to learn Mahjong? Now's your chance! Sharon will be teaching another session of Mahjong lessons!

Sign up is required and attendance of the first class is mandatory. If you are interested in learning Mahjong, please call or email Susan, 802-295-9068 or susan@bugbeecenter.org, to sign up.



Improve Walkability through Pop-Up Demonstrations! Tue., Oct 28, 9:30-12:00

Join AARP Vermont, America Walks, Vital Communities, and Bugbee Senior Center for a training focused on improving your walk- / roll-ability options in the Upper Valley. You'll learn how to evaluate walkability conditions and opportunities to develop demonstration projects that can lead to lasting changes. This is a hybrid virtual workshop. Sign up at the front desk (or call 802-295-9068) if you want to join the group at Bugbee, or sign up online to attend from home: <https://events.aarp.org/VTWalkability>



Craft & Clay: Make a Mug - Tuesday, November 4, 1-3pm

This hands-on workshop presented by CraftStudies in White River Junction will introduce basic hand-building techniques with clay through the creation of your very own ceramic mug! These pieces will be glazed and fired to be food-safe and ready for use. All materials, including clay, kiln firing and glazing are included. This class is free, but online registration is required. To register, please visit bugbeecenter.org/class/mug-class/.

AARP Smart Driver Course - Thursday, November 6, 11am to 4pm

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance (available with some insurers). Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. *No test at the end!* To sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

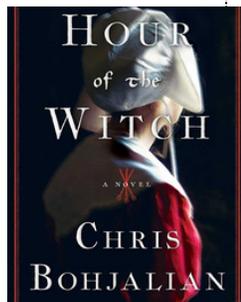
<p>Thu 10/2 1:00 pm</p>	<p>Learn About Visiting Nurse & Hospice of VT and NH You'll learn about: Home health nursing & support, rehabilitation services (PT, OT, Speech Therapy), hospice and palliative care, caregiver support & community resources, & how VNH brings compassionate care right to your doorstep. No registration required.</p>	
<p>Thu 10/9 1:00 pm</p>	<p>Art Talk with Pippa Drew: Ansel Adams Adams developed innovative techniques to create wider tonal range in black and white photography. His elegant portraits of the American West and its national parks heightened public awareness of the need to protect natural habitats. Suggested donation of \$3-\$5. No registration required.</p>	
<p>Thu 10/9 1:30 pm</p>	<p>Medicare Enrollment Presentation Learn all about the Medicare open enrollment process with Zenaida Blanchard, a Medicare specialist. After the presentation, you will have an opportunity to schedule a one on one to go over personalized options for yourself based on your doctors and medications! No registration required.</p>	
<p>Wed 10/15 1:00 pm</p>	<p>Understanding Medicare & Your Options Introduction to Medicare: An overview of Medicare Parts A, B, C, and D. Understand coverage options & how to choose the right one. Stick around for a Q&A where you can ask personalized questions & get advice. No registration required.</p>	
<p>Thu 10/16 1:00 pm</p>	<p>FCP Live-in: Home Care & Caregivers Learn how FCP Live-In has been in business for over 28 years by providing Assisted Living @ Home and helping folks age-in-place successfully. This service is an alternative to assisted living or long term care and it pairs well with a Visiting Nurse Service or Hospice for patients returning home from the hospital or skilled nursing facility. No registration required for this talk!</p>	

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

Book Club

Friday, Oct 3 at 1:00 pm

Quechee/Wilder Libraries discusses popular and interesting titles on the first Friday of the month. Copies of the book are available from Bugbee Senior Center or from Quechee Library at 802-295-1232. For more info and to sign up, call 802-295-9068 or alec@bugbeecenter.org.



Senior Learning Network Virtual Presentations

Tuesdays at 2:00 pm

Enjoy interactive presentations on the big screen with a group in the library at the Center! Let us know if you'd like to attend! Call 802-295-9068.



October Presentations

- Oct 7: *Monuments of Gettysburg*
- Oct 14: *Wonders of Yellowstone*
- Oct 21: *Ford's Theatre*
- Oct 28: *Durham Museum*

Seeking Waitstaff Volunteers!

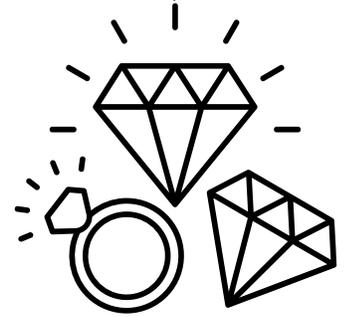
Like staying busy? Like pouring coffee? Like getting to know some fantastic people? We have the perfect opportunity for you. We are looking for volunteer waitstaff to help out in the dining room, both on a regular basis and as a substitute. All you need is a smile on your face, steady feet, and the ability to carry two plates – no heavy trays. We serve a salad, main course and dessert. Come in at 11:30 and leave at 1:00 pm. For more info, please contact Susan at susan@bugbeecenter.org or 802-295-9068.



Request for Jewelry for Craft Fair

If you have any jewelry that you haven't worn in awhile and want to donate to a good cause, we are always accepting jewelry for the Holiday Craft Fair Jewelry Department. Nothing hot please. Just legally obtained gems. In addition to all of the Craft Fair vendors, the senior center is home to some amazing craft guilds and dedicated volunteers. All of the proceeds from Bugbee's Booths will directly support senior programs & nutrition.

If you have items to donate, contact Susan at 802-295-9068 or susan@bugbeecenter.org or swing by the Center.



October
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