

Bugbee BULLETIN

APRIL 2026



food friendship participation purpose

Bugbee Trips

Enjoy the company of friends via luxury charter bus to fabulous destinations around New England. Sign up today!

Wed
July 29
Young Frankenstein
New London Playhouse
\$130

Enjoy a delicious lunch at Lui Lui, then laugh your butt off to Mel Brooks' comedy horror play!
MEET AT BUGBEE @ 10:30, RETURN @ 5:00 PM

Wed
Aug 12
Spirit of Ethan Allen Cruise
Lake Champlain
\$130

Experience the best of Burlington from the water! Hop aboard and lose yourself in the breathtaking scenery of Lake Champlain
MEET AT BUGBEE @ 8:00, RETURN @ 4:00 PM

Wed
Sept 16
Foster's Clambake
York Beach, ME
\$130

A fan favorite! Head down to York Beach, ME in style to enjoy a clambake with your friends!
MEET AT BUGBEE @ 8:00, RETURN @ 6:00 PM

Deposit of 50% of cost of trip is required at time of sign up. Full, non-refundable payment is due 1 month before the trip date to secure your spot!

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

Volunteer Appreciation Dinner & High Stakes Bingo Wednesday, April 15, Dinner at 5, Bingo at 6

Our volunteers are the heart and soul of the Bugbee mission. From our Meals on Wheels Drivers, to our waitstaff, kitchen helpers, and table setters, to our friendly receptionists, to our bulletin folders, to our bread runners, organizers, bingo callers, and foot clinicians. Our nutrition volunteers who pack lunches; deliver meals; sling plates; and bake goodies provide more than just nourishment—they bring kindness, connection, and care to those who need it most. Their dedication ensures that our seniors and homebound neighbors receive not only food but also a friendly face and a reminder that they are not alone.

To show our appreciation to our volunteers, join us for our first night opening of the year. If you're a volunteer, you eat for free! **If you're not a volunteer, come by to say thank you to all the folks who help run this place! Everyone is welcome.** Advanced registration required for dinner. After dinner, stick around for high stakes bingo! \$3 per card for 10 games!

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

Thank You

Menu

Marry Me Chicken
Cheesy Broccoli Gratin
Chimmi Roasted
Potatoes
Brownie w/
Strawberries



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

802-295-9068
hello@bugbeecenter.org

Menu

APRIL 2026






Monday	Tuesday	Wednesday	Thursday	Friday
		1 House Salad Swedish Meatballs Egg Noodles Roll Peas & Carrots Mandarin Oranges	2 *Easter Lunch* <i>Waiting List Only</i> Cole Slaw Baked Ham w/Brown Sugar Gravy Sweet Potatoes Green Beans & Roll Cake	3 House Salad Linguine in White Clam Sauce Roasted Potatoes Broccoli Cantaloupe
		6 House Salad Herbed Chicken Mashed Potatoes Roasted Root Veggies Roll Rice Pudding	7 Cole Slaw Baked Haddock Roasted Potatoes Creamed Spinach Brownies	8 WRCOA 50th Anniversary Celebration Caesar Salad Spaghetti & Meatballs Cali Mixed Vegetables Garlic Bread Berry Parfait
13 Caesar Salad Lasagna Roasted Asparagus w/ Lemon & Almonds Zucchini Medley Fruit Salad	14 *Birthday Lunch* House salad Roast Pork w/ Gravy Vegetable Rice Pilaf Glazed Carrots Apple Sauce Carrot Cake	15 *Night Opening* <i>Advance Registration Required</i> Marry Me Chicken Cheesy Broccoli Gratin Chimmi Roasted Potatoes Brownie & Strawberries	16 Quinoa Salad w/ Oranges & Greens Teriyaki Salmon Sesame Rice Broccoli Pineapples	17 Caesar Salad Clam Chowder Crackers Corn Apricots
20 5 Bean Salad Salisbury Steak Roasted Red Bliss Potatoes Roll Green Beans Cookie	21 Vegetables & Dip Chicken Noodle Soup Spinach Salad w/ Quinoa & Vegetables Cheesy Toasted Bread Pudding	22 Caesar Salad Chicken Alfredo w/ Peas & Carrots Broccoli Garlic Bread Pumpkin Stuff	23 House Salad Beef Stew w/ Carrots, Onions, Celery, & Potatoes Broccoli Garlic Roll Jell-O	24 Pickled Beet Salad Mac & Cheese Stewed Tomatoes Brussels Sprouts Fruit Salad
27 Pasta Salad Broccoli Cheddar Soup & Ham Salad Toasted Bread Quinoa Salad Mango	28 Antipasto Salad w/ salami Baked Ziti w/ Meat Sauce Summer & Winter Squash Blend Garlic Bread Mandarin Oranges	29 Shaved Quick Pickles w/red pepper & spinach Chili Cornbread Tomato Pico Baked Potato Cookies	30 House Salad Herbed Chicken Mashed Potatoes Roasted Root Veggies Roll Rice Pudding	

We serve lunch at noon! Reservations required. Call 802-295-9068 before 11:00 to sign up!
 Suggested donation is \$6.



Activities APRIL 2026

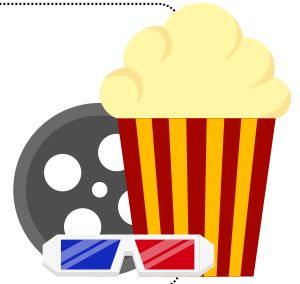
Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Fiber Crafts	2 9: Quilting 10: Connection & Communication Group 10:30: Buzz Café 12: Easter Lunch <i>*sign up required*</i> 1: Samba Card Game 1:30: Mahjong	3 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 2: Open Rowing Hours
6 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing 2: Grief & Healing Café	7 8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Card Games 1:30: Ink Painting with Jean-\$15	8 9: Foot Clinic-\$40 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Round Table: 50 Years of WRCOA 1: Fiber Crafts	9 9: Quilting 10: Connection & Communication Group 10:30: Buzz Café 11: Welcome Squad 1: Samba Card Game 1:30: Mahjong	10 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 10: Digital Media Creation at JAM 1: Bingo 1: Book Club 2: Open Rowing Hours
13 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing	14 8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Movie Discussion with Don 1: Card Games	15 9: Foot Clinic-\$40 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Fiber Crafts 1: SMP - Medical Equipment Scams 5: Volunteer Appreciation Dinner*sign up required	16 9: Quilting 10:30: Buzz Café 1: Samba Card Game 1:30: Visually Impaired Group 1:30: Mahjong	17 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 10: Digital Media Creation at JAM 1: Bingo 2: Open Rowing Hours
20 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 10: Memory Café 1: Boggle 1: Bingo 1: Painting with Christine-\$25 2: Indoor Rowing	21 8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Movie Discussion with Don 1: Card Games	22 9:30: Mahjong 10:30: Senior Fitness-\$8 1: Fiber Crafts 1: Chris Rimmer Bird Talk 1:30: Family Feud at Harvest Hill	23 9: Quilting 10:30: Buzz Café 1: Samba Card Game 1:30: Mahjong	24 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 10: Digital Media Creation at JAM 1: Bingo 2: Open Rowing Hours
27 9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee-\$3 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing	28 8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 12: Lunch Tunes with Dan Roda 1: Movie Discussion with Don 1: Card Games	29 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Fiber Crafts 1: Mascoma Bank Scam Talk	30 9: Quilting 10:30: Buzz Café 1: Samba Card Game 1: Heat Risks in Hartford 1:30: Mahjong	

Community at Bugbee

Movie Discussion Group with Don Tuesdays at 1:00 pm

Don is back with another batch of films! Check out the mix of comedies he's picked out for us. Tuesday afternoons at 1:00 pm. No sign up required! For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

March 31: *Bridget Jones Diary*
April 14: *Uncle Buck*
April 21: *The Pink Panther*
April 28: *Return of the Pink Panther*
May 5: *Philadelphia Story*
May 12: *Mon Oncle*



Welcome Lunch: Hosted by Bugbee Welcome Squad Second Thursday of the Month - April 9 at 11:00 am

Joining a new community can seem daunting—but everyone is welcome at Bugbee where friendship and hospitality thrive! 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!

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!



Book Club - Kindred Friday, April 10 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 or to sign up, call 802-295-9068 or hello@bugbeecenter.org.



“You Never Listen!”

How to Change Self-defeating Communication Patterns, Reduce Stress & Build Harmony in Relationships

8-week class, Thursdays, 10 - 11:30 am: May 7, 14, 21, 28; June 4, 11, 18, 25

PRESENTER: *Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain*

Humans yearn to be heard and understood. Yet, though we can speak, often we don't communicate skillfully. We may blunder around blindsided by arguments and cantankerous relationships that distress us ... for days, months, or years! This distress pumps too much cortisol (stress hormone) through our bodies and can contribute significantly to many chronic conditions, i.e. heart disease, diabetes, high blood pressure, high susceptibility to illness. We also have body chemistry (i.e. endorphins) which build up our immune systems, are calming, promote good feelings and well being. Endorphins can be released by positive experiences such a good nurturing relationships fostered by skillful communication! This course aims to develop these skills and enhance the health and happiness of the participants.



- learn how to navigate difficult emotions
- find out how to meet your own needs while respecting others
- practice making positive requests
- explore the art of successful negotiation
- try “re-dos” and “time-outs”
- experience the joy of more positive, smooth, nurturing relationships

Director's Corner

April, 2026

Greetings, Bugbee! I always try to remind myself during mud season that April showers bring May flowers... I've always appreciated the optimism in that saying!

April brings more than just rain, it is also Volunteer Appreciation Month! Join me in giving a big THANK YOU to all the crew who keep Bugbee moving. This place is a true community effort. To our Meals on Wheels drivers, wait staff, receptionists, Bulletin folders, activity leaders, trip chaperones, bingo callers, kitchen helpers, board members, gardeners, and everyone else who chips in when they can: you are a meaningful and essential part of Bugbee's commitment to service.

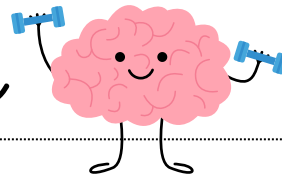
This month, we are also kicking off our 50th anniversary celebrations! Bugbee is operated by White River Council on Aging, and we formally incorporated way back in April of 1976. We are looking forward to commemorating all the participants, volunteers, staff, and supporters from the past five decades. Their legacy – and in many cases, their continued participation! - has helped create a strong Bugbee community today.

I hope to see you all around! Looking forward to celebrating all the people who brought us to where we are now, and all the people who will be joining us down the line. Happy spring.

Mark Bradley
Executive Director



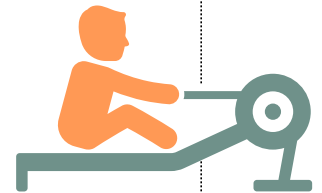
Health and Fitness



Open Rowing Hours at Bugbee

Fridays, 2 to 4 pm - Starting April 3

Stay active, build strength, and enjoy a low-impact workout during our open indoor rowing hours! Our rowing machines are available for independent use in a welcoming, supportive environment. For safety and encouragement, a buddy system is required—bring a friend or team up with another participant while you row. This is a great way to stay motivated and connected. If you'd like to learn how to row, instructors from the Upper Valley Rowing Foundation are at Bugbee every Monday at 2!

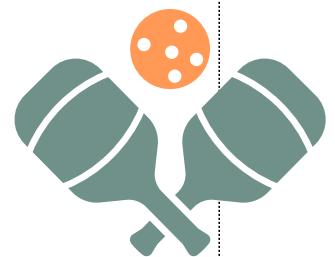


Pickleball at Maxfield Sports Complex

Mondays, Wednesdays, & Fridays, 8 am to 11 am - May 1 thru Oct 30

Pickleball is a fun, social, and friendly activity. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Play all three days or only one, it's up to you! Best of all, it's free!

Volunteers will be there each day to check folks in & answer questions. Please see them when you arrive. For more information, email hello@bugbeecenter.org or call 802-295-9068.



Arts & Crafts

@BUGBEE



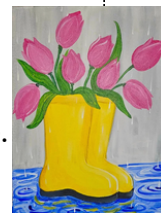
Ink Painting with Jean **Tuesday, April 7 at 1:30 pm**

Using Chinese Sumi Ink participants will explore value washes and mark making to create a mat framed picture of their own design. This relaxing painting method is intended for all levels and includes demonstration and mark making exercises. \$15 fee covers instruction & all materials.



Painting w/ Christine - Flower Boots **Monday, April 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. For anyone who has taken a class with Christine, you know it is Always FUN! \$25 fee covers instruction and all materials.



Registration required for art classes.

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

Digital Media Creation @ JAM **Fridays, April 10 - June 5 from 10am - 11:30 am**

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.

Registration required. 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, call the JAM front desk, 802-295-6688.



Family Feud at Harvest Hill **Wednesday, April 22 at 1:30 pm**

"Name a way that people communicated before texting was invented..." Calling all survey buffs! Bugbee is assembling a team to take on Seniors from Harvest Hill. We'll be heading over there by van, so space is limited! Meet at Bugbee at 1:30 pm. To register, please call 802-295-9068 or email hello@bugbeecenter.org.



Mother's Day Lunch & High Stakes Bingo **Thursday, May 7 at 12:00 pm**

Let's celebrate the people who make us who we are... Mothers! Join us for a delicious lunch and high stakes bingo. Invite your friends and family to join you! Advanced registration required for lunch. Afterwards, stick around for high stakes bingo! \$3 per card for 10 games.

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



Menu

House Salad
Baked Herbed Salmon
Asparagus Risotto
Roasted Garlic Broccoli
Strawberry Brownies

BUGBEE Talks

Speaker Series for Upper Valley Seniors

Senior Medicare Patrol: Durable Medical Equipment Fraud

Wednesday, April 15 at 1:00 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. Learn how to prevent and detect Durable Medical Equipment fraud, and how to report it when it happens! Your reports just may help to uncover a multi-million-dollar scheme. No registration required.



Upper Valley Birds - Past, Present and Future

Wednesday, April 22 at 1:00 pm

The arrival of migratory birds is always a welcome and conspicuous sign of spring. In this illustrated talk, ornithologist Chris Rimmer will present an overview of birdlife in the Upper Valley, showcasing common and not-so-common species, changes in their populations, and what we can all do to help conserve them. No registration required.



Mascoma Bank Scam Talk

Wednesday, April 29 at 1:00 pm

Let's talk about financial fraud and scams. We are being targeted, how can we help protect ourselves? Pete & Amanda from Mascoma Bank see fraud and scam everyday. Learn tips and tricks on how to keep your money safe and your mind at ease. No registration required.



Heat Risks in Hartford

Thursday, April 30 at 1:00 pm

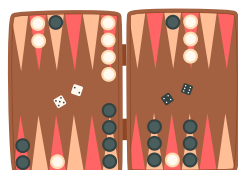
Learn about rising heat risks. Students from Dartmouth will cover methods to prevent potential heat exhaustion/stroke, give information about cooling centers in the area, interact with you all about how you receive information (radio, newsletter, etc.), and ask what you would like to see included on potential media that would be sent out to the community in Hartford. No registration required.



Who Wants to Play Backgammon?

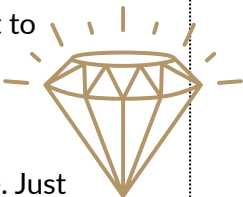
Rumor has it that our director, Mark, likes playing Backgammon. Should we start a backgammon group to give him a break from the spreadsheets and meetings? Or should we keep him at work, and do a chess and/or checkers group instead? Let us know if you're interested and we'll put it on the calendar!

Email hello@bugbeecenter.org or call 802-295-9068.



Spring Cleaning?

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. If you have items to donate, email hello@bugbeecenter.org or swing by the center.





We are now old enough for AARP!

In April of this year, we'll be 50! White River Council on Aging, better known as your staff at Bugbee Senior Center, formally incorporated as a nonprofit in April, 1976, and along with our forebears we have served many thousands of seniors since then. Join us as we kick off celebrations!

Celebrating 50 Years: A Roundtable

Wednesday, April 8th at 1:00.

Join special guests, including our founding director Linda Glasgo, previous director Len Brown, and other characters from Bugbee's past and present as we share memories, laughs, and photos from the last 50 years.

If you are attending lunch, call soon to RSVP: 802-295-9068
No sign up needed for the Roundtable event.



The Great Bugbee 50/50/50 Raffle

Our Articles of Association were filed on April 16, 1976, and Bugbee was born. To celebrate, we are doing 50 days of a 50/50 raffle! Tickets will go on sale from April 16 to the final drawing on Friday, June 5th (50 days later). Proceeds go towards the next fifty years of service! \$5 for 3 tickets.



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