

Bugbee BULLETIN

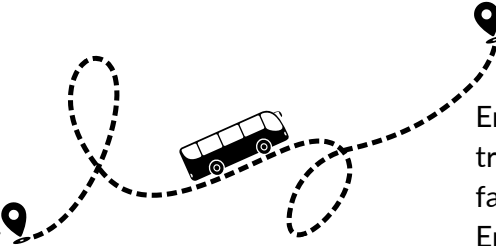
June 2026



food friendship participation purpose

BUGBEE Mini Trips

Let's explore some of the amazing sights right here in our own backyard! Get together with friends, old and new, and enjoy great local sites.



BUGBEE Trips

Enjoy the company of friends on a trip via luxury charter bus to fabulous destinations around New England. Regional trips include transportation, admission, and food.

Registration required for trips.

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

Mini Golf at Fore- U Tuesday, June 9

Mini-golf is fun, social, and a great activity to help maintain good balance. After the final ball drops in the cup, you can enjoy a well-deserved ice-cream. Hop over the river with us to Fore-U in West Lebanon.

\$13 includes a round of mini-golf at Fore-U and a small, delicious ice cream cone.

- 1:00 pm - Meet at Bugbee
- 1:15 pm - Depart for West Lebanon
- 1:30 pm - Play a round of mini golf and then enjoy some ice cream!



John Hay Estate at The Fells on Lake Sunapee Wednesday, June 24

Discover The Fells 83.5 acres of beauty and tranquility. Learn the legacy of diplomat and statesman John Milton Hay and the Hay family history, the architecture and building phases of the Main House, and discover what it was like to live on Lake Sunapee in the late 20th century.

\$15 fee for admission and gas! Bring your own cash for lunch.

- 9:00 am - Meet at Bugbee
- 10:00 am - Arrive at The Fells
- Tour for about an hour and a half
- 11:30 am - Head over to the Flying Goose for lunch
- 2:30 pm - Return to Bugbee

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 *WAITLIST ONLY* Spirit of Ethan Allen Cruise Lake Champlain \$130

Experience the best of Burlington from the water!
MEET AT BUGBEE @ 8:00,
RETURN @ 4:00 PM

Wed Sept 16 *WAITLIST ONLY* 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

Father's Day Lunch & High Stakes Bingo Thursday, June 18 at 12:00 pm

Join us for a delicious Father's Day lunch and high stakes bingo. Invite your friends and family to join you! Advance registration required for lunch.

Afterwards, stick around for high stakes bingo! \$3 per card for 10 games.

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



Menu

Green Goddess Salad

w/ Almonds & Grapes

Beef Roast

Mashed Potatoes

Green Beans

Double Chocolate Fudge Cake



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262 North Main Street, White River Junction, Vermont

802-295-9068
hello@bugbeecenter.org

Menu June 2026




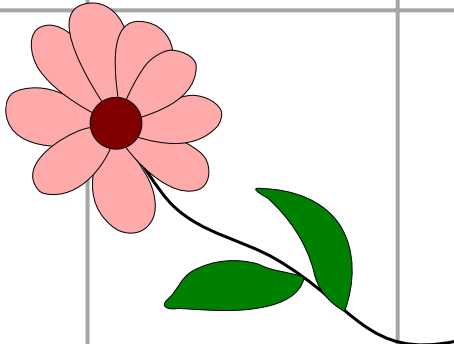
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Arugula Caesar Salad Ranch Chicken Vegetable Rice Pilaf Green Beans Fruit Salad</p>	<p>2</p> <p>4 Bean Salad Ham Wrap Macaroni Salad Chips Cheesecake w/ Berries</p>	<p>3</p> <p>Cucumber & Onion Salad Roast Pork w/ Gravy Scalloped Potatoes Roasted Glazed Carrots Roll Applesauce</p>	<p>4</p> <p>Caesar Salad Shepherd's Pie Peas & Carrots Toasted Bread Pudding with Strawberries</p>	<p>5</p> <p>Chef's Salad w/ Vegetables, Ham, & Hard Boiled Egg Pears</p>
<p>8</p> <p>Spinach Salad w/ Apple & Almonds Chicken Parm w/ Pasta in Red Sauce Zucchini Veggie Blend Garlic Bread Peaches</p>	<p>9</p> <p>House Salad Orange Pork w/ Slaw Wrap Stir Fry Vegetables Pineapple Upside Down Cake</p>	<p>10</p> <p>Broccoli Cran Salad Turkey Dinner Stuffing Cranberry Mashed Potatoes Green Beans Pumpkin Stuff</p>	<p>11</p> <p>Turkey Greek Chef Salad Cheesy Toasted Bread Apple & Banana</p>	<p>12</p> <p>House Salad C&S Pizza Melon</p>
<p>15</p> <p>Poke Slaw Eggroll Lo-Mein Bok Choy Dipping Sauce Oranges</p>	<p>16</p> <p>Breakfast for Lunch Berries & Yogurt Ham & Veggie Frittata Pancake Sausage Apple Crisp</p>	<p>17</p> <p>House Salad Cuban Sandwich Potato Salad Blueberries & Jell-O</p>	<p>18</p> <p>*Father's Day Lunch* <i>Advance Registration Required</i> Green Goddess Salad w/ Almonds & Grapes Beef Roast Mashed Potatoes Green Beans Double Chocolate Fudge Cake</p>	<p>19</p> <p>Closed for Juneteenth</p> 
<p>22</p> <p>Cucumber, Onion, & Tomato Salad Chicken Cordon Bleu Vegetable Rice Pilaf California Blend Pears</p>	<p>23</p> <p>Caesar Salad Meatloaf Mashed Potatoes Asparagus Blueberries & Grapes</p>	<p>24</p> <p>House Salad Chicken Bacon Ranch Pasta Salad w/ Tortellini Brownies w/ Berries</p>	<p>25</p> <p>Birthday Day Cole Slaw Baked Haddock Sweet Potatoes Creamed Spinach Applesauce Cake</p>	<p>26</p> <p>Pickled Beets Pork Burrito w/ Slaw, Rice, & Pico Pudding & Peaches</p>
<p>29</p> <p>Chickpea Salad w/ Artichoke & Cous Turkey & Cheese Slider Cran Mayo Pineapple</p>	<p>30</p> <p>Veggies & Dip Sweet & Sour Asian Pork Meatballs w/ Pineapple Rice Broccoli Ice Cream & Berries</p>			

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



June

Activities June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class 2: Grief & Healing Café</p>	<p>2</p> <p>10: Library Hours at Bugbee 10:30: Yoga Fusion-\$8 1: Card Games</p>	<p>3</p> <p>8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 11:30: Tech Help 1: Patient Support Corps 1:30: Fiber Crafts</p>	<p>4</p> <p>9: Quilting 10:30: Buzz Café 1: Samba Card Game 1: Pippa Drew Art Talk 1:30: Mahjong</p>	<p>5</p> <p>8: Pickleball @ Maxfield 8:30 Yoga for Men-\$8 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Board Games 1: Book Club 2: Open Rowing Hours</p>
<p>8</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class</p>	<p>9</p> <p>10: Library Hours at Bugbee 10:30: Yoga Fusion-\$8 1: Card Games 1: Mini-Golf</p>	<p>10</p> <p>8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 1: Art with Rose-\$10 1:30: Fiber Crafts</p>	<p>11</p> <p>9: Quilting 10:30: Buzz Café 1: Samba Card Game 1: Genealogy w/ Barry 1:30: Mahjong</p>	<p>12</p> <p>8: Pickleball @ Maxfield 8:30: Yoga for Men-\$8 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Board Games 2: Open Rowing Hours</p>
<p>15</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 10: Memory Café 1: Board Games 1: Bingo 1: Painting with Christine-\$25 2: Indoor Rowing Class</p>	<p>16</p> <p>10: Library Hours at Bugbee 10:30: Yoga Fusion-\$8 1: Card Games 1: Team Trivia</p>	<p>17</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 10: Senior Fitness-\$8 10: Walking Club 10: GeoGuessr 11:30: Tech Help 1: Being Scam Savvy 1:30: Fiber Crafts</p>	<p>18</p> <p>9: Quilting 10:30: Buzz Café 12: Father's Day Lunch *Sign up required 1: High Stakes Bingo 1: Samba Card Game 1:30: Visually Impaired Group 1:30: Mahjong</p>	<p>19</p> <p>Closed for Juneteenth</p> 
<p>22</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class</p>	<p>23</p> <p>10: Library Hours at Bugbee 10:30: Yoga Fusion-\$8 1: Card Games</p>	<p>24</p> <p>8: Pickleball @ Maxfield 9: Mini-Trip to The Fells 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 1:30: Fiber Crafts</p>	<p>25</p> <p>9: Quilting 10:30: Buzz Café 1:15: Samba Card Game 1:30: Mahjong</p>	<p>26</p> <p>8: Pickleball @ Maxfield 8:30: Yoga for Men-\$8 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Board Games 2: Open Rowing Hours 2: Card Class w/ Jodi</p>
<p>29</p> <p>8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 1: July 4 Card Making 2: Indoor Rowing Class</p>	<p>30</p> <p>10: Library Hours at Bugbee 10:30: Yoga Fusion-\$8 1: Card Games</p>			

Health & Fitness at Bugbee



Senior Fitness - Time change Wednesday mornings at 10 am

Liz Hatfield is returning from Florida to teach Senior Fitness. Class starts on Florida time - 10 am. Let's welcome Liz back with a bang! Huge thank you to Linda Harvey (our chair yoga instructor) for subbing during the winter. \$8 per class!



Yoga Classes: Date & Time Changes

Yoga Fusion - Time change for June only Tuesday mornings at 10:30 am

Join instructor Kathryn Mills for gentle flow yoga every Tuesday morning. This class is specifically geared for those new to yoga or those who are interested in a gentle practice. No experience or flexibility is required. \$8 per class!



Yoga for Men - Date change Friday Mornings at 8:30 am

Join Linda Harvey for this class geared towards men. No experience or flexibility is required. A sense of humor is always welcome. Beginning in June, this class will be held on Friday mornings. \$8 per class!

Bugbee Walking Club

Wednesday mornings at 10:00 am

Walk and talk in different locations in White River Junction. Some days carpooling will be required as not all of the walking originates from Bugbee. Other walking locations may include: Maxfield; Kilowatt Park; Wilder neighborhoods; and more!

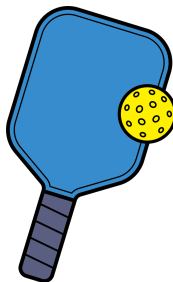
No registration required. For more info, please call 802-295-9068 or email hello@bugbeecenter.org.



Pickleball at Maxfield Sports Complex

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

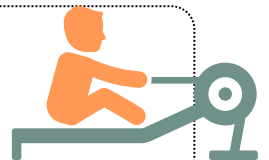
Pickleball is a fun, social, and friendly activity. Play all three days or only one, it's up to you! Best of all, it's free! Volunteers will be there each day to check folks in & answer questions. Please see them when you arrive. For more information, email hello@bugbeecenter.org or call 802-295-9068.



Rowing at Bugbee

Lessons on Mondays at 2 Buddy System on Fridays at 2

Stay active, build strength, and enjoy a low-impact workout! Learn correct rowing techniques from the Upper Valley Rowing Foundation on Mondays at 2. Once you're confident, bring a buddy to row with you during open hours on Fridays at 2. Registration required. For more info, or to sign up, email hello@bugbeecenter.org or call 802-295-9068.



Locally Yours

Wednesday Mornings

Get ready for some fresh, locally grown produce! Locally Yours is back again this season. We'll be receiving shipments of vegetables from Sunrise Farm, just a couple miles down the road from Bugbee, on Wednesdays from May through October. Cooking for one or two can be a challenge with the quantities that produce is normally sold in. Locally Yours can help supplement your grocery budget with something healthy!

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



Director's Corner

June, 2026

Hope everyone has got their spring cleaning under control, dusted off the cobwebs, and got your summer outfits ready! We've got plenty on the calendar to get everyone out and about...and plenty of things to enjoy indoors at Bugbee in the AC. (Or heat, depending on how cold the nights get!)

Last year I wrote about going to the National Council on Aging conference in D.C. This year I was planning to skip it but I ended up winning a raffle for a free registration! I can't even win the marble game at Bugbee... There will be sessions on supporting safe driving, serving multiple generations of older adults, and strengthening programming through partnerships. Several senior center colleagues from Vermont will be there too. I'm looking forward to learning more and seeing what we might try here!

We've been making some progress behind the scenes implementing parts of the Strategic Plan. I have been thinking about doing a presentation towards the fall on how things are going. Please let me know if that is something that would be of interest to you. I promise we won't schedule it during bingo.

What are your plans for the summer? For me...I'm going to take it easy, try to get outside, and catch up on some of my reading list. Maybe go to a few cook outs. The Center has really been buzzing this year, and I am loving it. Thank you all for sharing your energy and time with us, it really makes me look forward to coming to work every day. Cheers.

Mark Bradley
Executive Director



2026 Norwich Citizen of the Year: Congratulations, Nick Krembs!

The Norwich Women's Club announced that Nick Krembs has been named the 2026 Norwich Citizen of the Year! Nick volunteers with the Upper Valley Trails Alliance, Willing Hands, Window Dressers, and helped co-found SHARe (Supporting and Helping Asylees and Refugees). He was also awarded the "Green Mountain Award" from the VT Agency of Natural Resources. He has also been a Bugbee Meals on Wheels driver since 2015, and we estimate he has delivered around 10,000 meals during that time. Thank you, Nick, for being a part of the Bugbee community. Big congrats from all of us!



Making Connections

Mondays in June from 10-2 at Kilton Library

Making Connections is for people interested in helping solve transportation and mobility challenges facing older adults. Take a journey through time to understand why many of us are car dependent and what can be done to improve options for those who no longer drive or who drive less. Participants will learn key concepts of healthy and age-friendly community design, share their own experiences, get tips on mobility options in the Upper Valley, and dig into ideas for advocacy and action.

Each workshop is from 10:00 to 2:00. Light breakfast and catered lunch included for participants.

Sponsored by: Vital Communities

Facilitators: Mark Bradley (Bugbee), John Haffner (UVLS Regional Planning Commission), Jacopo Montobbio (Vital Communities)

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



Arts & Crafts

@BUGBEE

Art with Rose

Wednesday, June 10 at 1:00 pm

Enhance your pet rock into something beautiful! This is a really fun class for all ages and levels. \$10 fee covers instruction and all materials.

Registration required. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up.



Painting with Christine - Bumble Bee

Monday, June 15 at 1:00 pm

Christine of the Wandering Paint Brush is back for another great painting class! All levels of experience encouraged to join. For anyone who has taken a class with Christine, you know it is Always FUN! In June, paint a beautiful buzzing bumble bee. Take home your very own Masterpiece. \$25 fee covers instruction and all materials.

Registration required. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up.



June Card Class

Friday, June 26 at 2:00 pm

Just in time for the summer berry season, please join Jodi Harrington for her next card class. Participants will create 3 greeting cards using the class kit. You will have supplies left over to create additional cards or projects. Please bring a tape runner adhesive or glue, 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. \$15 fee covers instruction and all materials.

Register by June 8th. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up.

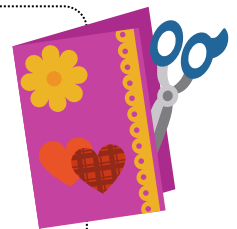


Fourth of July Card Making

Monday, June 29 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 July 4th cards. This is a great way to make a difference in the lives of so many homebound seniors. Supplies are provided.

No sign up required! For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Book Club - The Heirloom Garden

Friday, June 5 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.



DHMC Patient Support Corps

Wednesday, June 3 at 1:00 pm

Medical visits can be stressful and there are a lot of decisions and choices to make. The Patient Support Corps interns at DHMC can help you prepare for your visit and be active in your health care. No registration required.



Edward Hopper Art Talk with Pippa

Thursday, June 4 at 1:00 pm

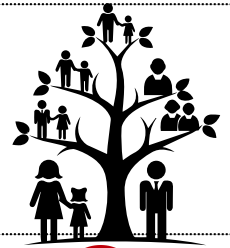
Join us as we explore the graceful realism and enigmatic stories that resonated with Edward Hopper's (1882 - 1967) audience during his lifetime—and continue to fascinate us today. No registration required.



Genealogy with Barry McCabe

Thursday, June 11 at 1:00 pm

Interested in genealogy? Exploring your family history is a journey and it does not have to be complicated. No registration required.



Being Scam Savvy

Wednesday, June 17 at 1:00 pm

Scammers are con men—they want to tell you a story, one that will end up with your money in their pocket. Dave Smith of Norwich will review the latest scams with us, from “ghost tapping” to SIM card swaps. No registration required.



Team Trivia

Tuesday, June 16 at 1:00 pm

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. Each round will be a different theme.

No registration required. For more information, please call 802-295-9068 or email hello@bugbeecenter.org. Beginning in June, Trivia will be held every third Tuesday!



Group GeoGuessr

Wednesday, June 17 at 10:00 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. 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.

No registration required. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Fun & Games at Bugbee

Board Games

Itching to play board games? We've got the fix for you! Join and connect with other gamers on Mondays and Fridays at 1:00 pm. Pop in to play backgammon, scrabble, chess, boggle, or any other game of your choice!

Drop-ins welcome, no sign up needed!

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



Card Games

Board games aren't your thing? That's okay! We host a slew of card games, too! You can play **Bridge on Mondays at 10:00 am**, **Hand & Foot or Cribbage on Tuesdays at 1:00 pm**, and **Samba on Thursdays at 1:00 pm**.

Drop-ins welcome, no sign up needed!

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



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