

Bugbee BULLETIN

MAY 2026



food friendship participation purpose



The Great Bugbee 50/50/50 Raffle

Fifty days of ticket sales.
One grand prize drawing, June 5.
\$5 for 3 tickets.

Bugbee was officially incorporated on April 16, 1976, so tickets will be on sale from April 16 till the grand drawing on June 5th (fifty days later). Proceeds benefit meals and programs at Bugbee Senior Center.



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.

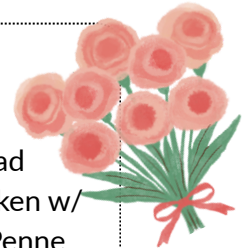
Afterwards, stick around for high stakes bingo! \$3 per card for 10 games.

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



Menu

Caesar Salad
Marry Me Chicken w/
Vegetable & Penne
Zucchini Corn Pepper
Medley
Garlic Roll
Cake



Older Americans Dinner & High Stakes Bingo

Thursday, May 28, Dinner at 5, Bingo afterwards

May is Older Americans Month. The theme this year is "Champion Your Health." Join us for an evening meal followed by 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. *No meals on wheels delivery*



Menu

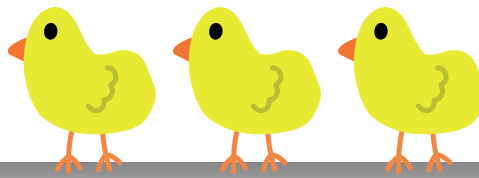
House Salad
Braised Beef
Roasted Garlic Potatoes
Root Vegetables
Bread Pudding



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

802-295-9068
hello@bugbeecenter.org

Menu MAY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				House Salad Baked Haddock Creamed Spinach Scalloped Potatoes Cookies
4	5	6	7	8
Yogurt French Toast with Berries Cantaloupe Sausage Bacon Vegetable Frittata Cinnamon Buns	Broccoli & Cranberry Salad Pork Tenderloin with Pineapple Salsa Baked Beans Cali Mixed Vegetables Toasted Bread Pudding	House Salad Baked Herbed Salmon Asparagus Risotto Roasted Garlic Broccoli Strawberry Brownies	*Mother's Day Lunch* <i>Advance Registration Required</i> Caesar Salad Marry Me Chicken w/ Vegetable & Penne Zucchini Corn Pepper Medley Garlic Roll Cake	Cole Slaw Sticky Hoisin Beef Sesame Ginger Rice Light Curry Mixed Vegetables Pumpkin Stuff
11	12	13	14	15
Faro & Swiss Chard Salad Lemon Chicken w/ Orzo Florentine Roasted Tomatoes Ice Cream	House Salad Turkey Chili Green Beans Cornbread Jell-O	Burger Topping Salad Bacon Cheeseburgers Sliders Tuscan Vegetable Blend Tater Tots Blueberry Cobbler	House salad Orange Pork Rice Broccoli No Bake Peanut Butter Oat Bars	Artichoke & Red Pepper Salad Raviolis Bolognese Roasted Squash Medley Toasted Garlic Focaccia Apples Coffee & Donuts
18	19	20	21	22
Cole Slaw KFC Gravy Bowl w/ Chicken, Mashed Potatoes, & Corn Biscuit Cali Vegetable Blend Pudding	House salad Light Coconut Beef Curry Couscous Summer Veggie Blend Fruit Bowl w/ Granola	Caesar Salad Tuscan White Bean Stew w/ Italian Sausage Peas & Carrots Roll Strawberry Shortcake	3-Bean Salad Meatloaf Mashed Potatoes Asparagus Roll Rice Crispies	House Salad C&S Pizza Mixed Melon
25	26	27	28	29
Closed for Memorial Day 	3-Bean salad Salisbury Steak Sweet Potatoes Green Beans No Bake Peanut Butter Oat Cookies	Cabbage Salad Thai Peanut Noodle with Chicken Stir Fry Vegetables Applesauce Cake	*Older Americans Dinner* <i>Advance Registration Required</i> House Salad Braised Beef Roasted Garlic Potatoes Root Vegetables Bread Pudding *No Meal Delivery*	Birthday Day House Salad Stuffed Pepper Soup Green Beans Toasted Bread Birthday Cake

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



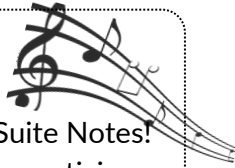
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Backgammon & Scrabble 1: Book Club 2: Open Rowing Hours
4	5	6	7	8
8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Boggle & Scrabble 1: Bingo 2: Indoor Rowing Class 2: Grief & Healing Café	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Movie & Discussion with Don 1: Card Games	8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10:30: Senior Fitness-\$8 11:30: Tech Help 1: Suite Notes Performance 1:30: Fiber Crafts	9: Quilting 10: You Never Listen 10:30: Buzz Café 11: UV Community Chorus 11: Backgammon 12: Mother's Day Lunch *sign up required 1: High Stakes Bingo 1: Samba Card Game 1:30: Mahjong	8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Backgammon & Scrabble 2: Open Rowing Hours
11	12	13	14	15
8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Boggle & Scrabble 1: Bingo 2: Indoor Rowing Class 2:15: Trip to Ireland Informational 5: AARP: ADU Workshop	8:30: Yoga for Men-\$8 9:30: Spring Vaccine Clinic 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Movie & Discussion with Don 1: Card Games 5: AARP: ADU Workshop	8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10:30: Senior Fitness-\$8 1: Dartmouth DanceConnect 1:30: Fiber Crafts 5: AARP: ADU Workshop	9: Quilting 10: You Never Listen 10:30: Buzz Café 11: Backgammon 11: Welcome Squad 1: Samba Card Game 1: NARFE Presents Polar Research 1:30: Mahjong	8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Backgammon & Scrabble 1: Zentangle - \$25 2: Open Rowing Hours
18	19	20	21	22
8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 10: Memory Café 1: Boggle & Scrabble 1: Bingo 1: Painting w/Christine-\$25 2: Indoor Rowing Class	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 1: Bottle Art - \$10 1: Card Games	8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 9:45: WRJ Thrift Crawl 10: Senior Fitness-\$8 11:30: Tech Help 1:30: Fiber Crafts	9: Quilting 10: You Never Listen 10:30: Buzz Café 11: Backgammon 1: Evergreen Singers 1:15: Samba Card Game 1:30: Visually Impaired Group 1:30: Mahjong	8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Backgammon & Scrabble 2: Open Rowing Hours
25	26	27	28	29
Closed for Memorial Day 	8:30: Yoga for Men-\$8 10: Yoga Fusion-\$8 10: Library Hours at Bugbee 12: Lunch Tunes with Dan Roda 1: Card Games 1: Team Trivia	8: Pickleball @ Maxfield 9:30: Mahjong 10: Senior Fitness-\$8 1:30: Ian Clark Wildlife Slideshow 1:30: Fiber Crafts	9: Quilting 10: You Never Listen 10:30: Buzz Café 11: Backgammon 1: Samba Card Game 1:30: Ink Painting - \$15 1:30: Mahjong 5: Older Americans Dinner*sign up required	8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 1: Bingo 1: Backgammon & Scrabble 2: Open Rowing Hours

Music & Performances at Bugbee

Suite Notes Concert

Wednesday, May 6 at 1:00 pm

Celebrate 50 years at Bugbee with the Suite Notes! For decades, the Suite Notes have been practicing at Bugbee. Let's come together to spread cheer and good times as the Suite Notes perform for us.



Upper Valley Community Chorus

Thursday, May 7 at 11:00 am

Celebrate Mother's Day at Bugbee! Before lunch, enjoy a 30-minute concert of pop, folk, American songbook & show tunes, plus a little sing-along at the end. No registration required for the concert.

After the concert, stick around for a delicious Mother's Day lunch! Registration required for lunch. For more info, or to sign up for lunch, please call 802-295-9068 or email hello@bugbeecenter.org.

DanceConnect Performance

Wednesday, May 13 at 1:00 pm

DanceConnect, a subclub of Dartmouth Generations, is a group of dancers dedicated to connecting with members of the community through movement and storytelling. Performing in a variety of styles – including contemporary, jazz, musical theater, lyrical, hip hop, and ballet – the group uses dance as a universal form of expression to create meaningful moments of engagement and joy.

Evergreen Singers

Thursday, May 21 at 1:00 pm

Evergreen is a group of singers based in the Upper Valley. The Evergreen singers offer songs of comfort and healing to people who are ill or nearing the end of life. They sing to bring serenity and a time of peaceful harmonies. Evergreen sing at bedsides or in living areas in private homes, hospitals, assisted living facilities, or nursing homes. Come and learn more about the Evergreen singers and hear them sing.

No registration required for performances! Sign up is required for lunches.
For more info, please call 802-295-9068 or email 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 as 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

May, 2026

Happy Older Americans Month! Every May, we recognize older Americans' contributions and reaffirm our commitment to serving older adults. This month's calendar is packed with fun and useful programs and activities. The way I look at it: here at Bugbee we celebrate older adults every month.

Thank you all for helping to kick off our 50th anniversary celebrations. Bugbee is in good shape today and hopefully will be for at least another 50 years! I hope you might consider buying a 50/50/50 raffle ticket, making an extra contribution to the Future Fund, or help out in another way. The future of our programs and meals is far from certain, but I know we will be ok because I see you helping each other every day.

Later this summer we'll start sharing some more media from the past. We've got a bunch of old slides and reel to reel tapes sent off to Kodak for professional digitization. I'm very curious to learn what is on the reel to reel tapes. We do have a gap in our collection from the late 90s to the early 2000s, so if you have any old photos you'd like to share, let me know!

Cheers to a fun and busy May at Bugbee! See you for pickleball...or foot clinic...or for one of the music events...or Mother's Day Lunch...or the Spring Vaccine Clinic...or the downtown Thrift Crawl...or painting class...or rowing class. A lot of variety this month!

Mark Bradley
Executive Director



Welcome Lunch: Hosted by Bugbee Welcome Squad Thursday, May 14 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!



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



Zentangle with Elizabeth

Friday, May 15 at 1:00 pm

Relax, Create, and Be Surprised by What Emerges

Give yourself the gift of unhurried quiet creativity. In this Zentangle™ class, relax into drawing one simple stroke at a time in a supportive atmosphere. Join Elizabeth Sofish, Certified Zentangle Teacher, to enjoy a relaxing afternoon of stress-free fun. \$25 fee covers instruction and all materials.



Painting with Christine - Red Barn

Monday, May 18 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! \$25 fee covers instruction and all materials.



Bottle Art with Rose

Tuesday, May 19 at 1:00 pm

Spring brings light and hope! We will paint and/or decorate a bottle and add lights! It is a really fun class for all ages and levels. \$10 fee covers instruction and all materials.



Ink Painting with Jean

Thursday, May 28 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.



Registration required for art classes.

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

WRJ Thrift Crawl & Putnam's

Wednesday, May 20

Did you know WRJ is home to more thrift stores per capita than anywhere else in the world. At least it feels that way. Check out the awesome shopping downtown at stores including Post; Revolution; The Collection; Gear Again; Rue & Ren; Second Hand Rose; Cover Home Repair; and many more. Lunch at our favorite spot, Putnam's Vineyard.

Meet at Bugbee at 9:45 am.

Head down to WRJ at 10:00 am to start thrifting.

At 11:30 am meet up and head to Putnam's Vineyard Bring your own cash for shopping & lunch!

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

Team Trivia

Tuesday, May 26 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. No fee to play, open to all. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

BUGBEE
? Trivia!
?

Informational Presentation: Shades of Ireland

Monday, May 11 at 2:15 pm

Join Collette Travel as they introduce a trip to Ireland in Spring of 2027! From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Tour Activity Level: Level 2. This means you like a balanced approach to travel. No registration required.



NARFE Presents: Polar Research

Wednesday, May 14 at 1:00 pm

Jackie is a retired Cold Regions Research and Engineering Laboratory (CRREL) polar researcher, whose primary area of study was the Arctic sea ice cover. No registration required.



Travels with Ian

Wednesday, My 27 at 1:30 pm

Join us for a slideshow from West Newbury, VT based photographer Ian Clark as he recaps his favorite images from 2025. You'll see lots of wildlife from around New England, brown bears in Alaska, and even a steam locomotive working on the White Pass & Yukon Route out of Skagway, Alaska. No registration required.



DHMC Patient Support Corps

Wednesday, June 3 at 1:00 pm

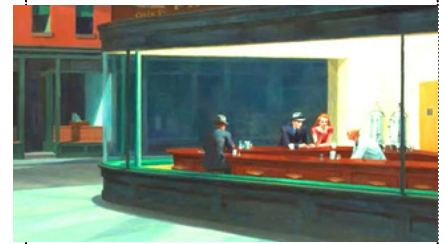
Medical visits can be stressful and there are a lot of decisions and choices to make. The Patient Support Corps interns at DHMC can help you prepare for your visit and be active in your health care. No registration required.



Edward Hopper Art Talk with Pippa

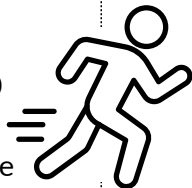
Thursday, June 4 at 1:00 pm

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.



Senior Fitness Time Change

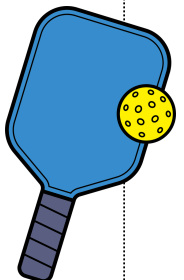
Liz Hatfield is returning from Florida to teach Senior Fitness. Beginning Wednesday, May 20, classes will start on Florida time which is 10:00 am instead of 10:30 am. Let's welcome Liz back with a bang! Huge thank you to Linda Harvey (our chair yoga instructor) for subbing during the winter.



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.





Spring Vaccine Clinic

Tuesday, May 12, 9:30 am to 11:30 am

Conley's Drug Store is back to offer Vaccines for seniors. All types of vaccines are being offered, and multiple shots may be administered at the same time.

Sign up is required, and registration forms can be completed in person or online. Please stop in to fill out a form, or head to www.bugbeecenter.org/class/spring-vaccine/

Volunteer Opportunities at Bugbee!

Waitstaff Volunteers Needed

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 p.m.

Front Desk Volunteers Needed

Are you interested in helping out an active senior center? Like getting to know some fantastic people? Enjoy the telephone and multitasking? We have the perfect opportunity for you. We are looking for volunteers to help out at the front desk, both on a regular basis and as a substitute. Morning shift is from 8AM-noon; Afternoon shift is from noon - 3PM.

Interested? Please contact Susan at susan@bugbeecenter.org or at 802-295-9068.

**VOLUNTEERS
NEEDED**



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WRJ, VT 05001
PERMIT #2

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262 North Main Street
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