

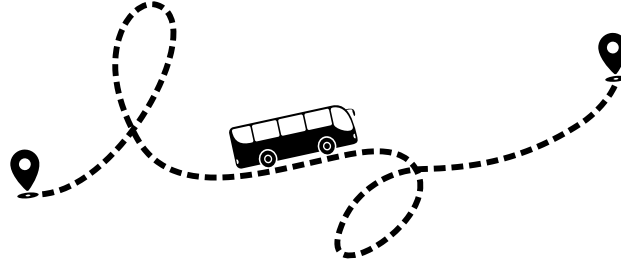
# Bugbee BULLETIN

July 2026



food friendship participation purpose

**BUGBEE**  
*Mini Trips*

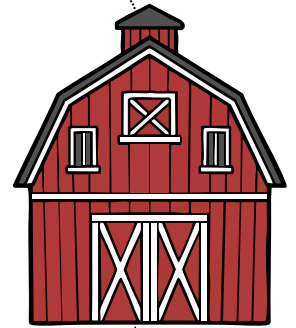


**BUGBEE**  
*Trips*

Enjoy the company of friends on a trip, right here in our own back yard, and to fabulous destinations around New England! Get together with friends, old and new, and enjoy great local sites. Advance registration required for trips.

## **Mini Trip: Billings Farm & Museum** **Thursday, July 9, 10:00 am to 2:00 pm**

Marsh-Billings-Rockefeller National Historical Park was home to three generations of conservationists whose deep connection to this land fueled their lifelong dedication to conservation and land stewardship. Join your friends at Billings as we hear an introduction from a park ranger, then take a self-guided tour through the Rockefeller Mansion. After the Farm & Museum, enjoy a delicious lunch at White Cottage!



Advance registration required. \$10 fee, bring your own cash for lunch. Meet at Bugbee at 10:00 am. For more info, or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).

## **Trip: New London Playhouse Trip - Young Frankenstein** **Wednesday, July 29, 10:30 am to 5:00 pm**

Young Frankenstein is a wildly entertaining, Mel Brooks-style musical comedy packed with big laughs, memorable songs, and over-the-top antics, filled with song and dance. While it includes some cheeky humor and playful innuendo, it's all part of the show's irreverent charm and classic Broadway flair.



Advance registration required. \$130 fee includes show ticket, Premier Coach transportation, driver tip, & lunch at Lui Lui. Meet at Bugbee at 10:00 am. For more info, or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto: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](mailto:hello@bugbeecenter.org)

# Menu July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<h1>July</h1>		<b>1</b> Vegetable Salad <b>Hoisin Beef Wrap</b> Asian Slaw w/ Pineapple & Peanut Sauce Pineapple Cake	<b>2</b> Slaw <b>BBQ Ribs</b> Pasta Salad Green Salad Biscuit Ice Cream	<b>3</b> <b>Closed for Fourth of July</b> 
<b>6</b> House Salad <b>Breaded Chicken</b> Ratatouille Roasted Potatoes Roll Applesauce	<b>7</b> Caesar Salad <b>Hamburgers</b> Steak Fries Cookie & Apple	<b>8</b> Antipasto <b>Turkey Caprese Sandwich</b> Banana Bread	<b>9</b> Cucumber & Tomato Salad <b>Fried Haddock Tacos</b> Mango Salsa Street Corn Cheesecake	<b>10</b> Chickpea Salad <b>Greek Chicken Meatballs</b> Zucchini & Cauliflower Creamy Greek Sauce Veg Rice Pilaf Fruit
<b>13</b> Summer Salad <b>Brats Sausage with Peppers &amp; Onion</b> Bun Pasta Salad Fruit Salad	<b>14</b> Watermelon Salad <b>Herb Roasted Chicken</b> Mashed Potatoes Asparagus Roll Blueberry Cobbler	<b>15</b> Cucumber & Onion Salad <b>Roast Pork w/ Gravy</b> Scalloped Potatoes Roasted Glazed Carrots Roll Applesauce	<b>16</b> <b>*BBQ &amp; BIINGO NIGHT OPENING*</b> <i>Advance Registration</i> Cole Slaw BBQ Chicken Wings Sweet Potato Steak Fries Cornbread Strawberry Shortcake	<b>17</b> House Salad <b>C&amp;S Pizza</b> Melon 
<b>20</b> House Salad <b>Pulled Pork Sliders</b> Slaw Tater Tots Pickles Couscous Salad Pineapple	<b>21</b> Faro & Spinach Salad <b>Lemon Cream Sauce Fried Chicken</b> Orzo Florentine Squash Roasted Tomatoes Ice cream w/ Berry Sauce	<b>22</b> <i>Birthday Day</i> Beet Salad <b>BBQ Beef Tips</b> Roasted Red Bliss Potatoes Roll Broccoli & Peppers Banana Cake	<b>23</b> Slaw <b>Thai Peanut Chicken with Noodles</b> Stir Fry Vegetables Key Lime Pie Bites	<b>24</b> House Salad <b>Hot Dogs</b> Baked Beans Mac Salad Mixed Berry Jell-O
<b>27</b> <b>Caribbean Shrimp Salad</b> Side Pasta Parfait	<b>28</b> Caesar Salad <b>Meatloaf</b> Mashed Potatoes Green Beans Roll Blueberry Pudding	<b>29</b> Slaw <b>Baked Haddock</b> Roasted Potatoes Creamed Spinach Roll Pears	<b>30</b> Caesar Salad <b>BBQ Chicken</b> Veg Rice Pilaf Summer Squash Roll Rice Krispie Treats	<b>31</b> Fruit Potato Salad <b>BLT Wrap</b> Fresh Fruit Ice Cream Sandwich

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



# JULY

# Activities July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 11:30: Tech Help 1:30: Fiber Crafts	<b>2</b> 9: Quilting 10:30: Buzz Café 1:15: Samba Card Game 1:30: Mahjong	<b>3</b> Closed for <b>Fourth of July</b> 
<b>6</b> 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	<b>7</b> 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @ UVAC 1: Card Games	<b>8</b> 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 1:30: Fiber Crafts	<b>9</b> 9: Quilting 10: Mini Trip: Billings Farm & Museum 10:30: Buzz Café 1:15: Samba Card Game 1:30: Mahjong	<b>10</b> 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
<b>13</b> 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 1: Painting with Christine-\$25 2: Indoor Rowing Class	<b>14</b> 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @ UVAC 1: Card Games	<b>15</b> 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Senior Fitness-\$8 10: Walking Club 11:30: Tech Help 1: Longevity Nutrition 1:30: Fiber Crafts	<b>16</b> 1:15: Samba Card Game 1:30: Visually Impaired Group 1:30: Mahjong 4: BBQ Cookout Night Opening *advance registration*	<b>17</b> 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
<b>20</b> 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 10: Memory Café 1: Board Games 1: Bingo 2: Indoor Rowing Class	<b>21</b> 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @ UVAC 1: Card Games 1: Team Trivia	<b>22</b> 8: Pickleball @ Maxfield 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 1:30: Fiber Crafts	<b>23</b> 9: Quilting 10:30: Buzz Café 1:15: Samba Card Game 1: BugbeeTalks: Historical Walls 1:30: Mahjong	<b>24</b> 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
<b>27</b> 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class	<b>28</b> 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @ UVAC 1: Card Games	<b>29</b> 8: Pickleball @ Maxfield 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 10:30: New London Playhouse Trip 1:30: Fiber Crafts	<b>30</b> 9: Quilting 10:30: Buzz Café 1:15: Samba Card Game 1:30: Mahjong	<b>31</b> 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

## Summer Night Cookout & High Stakes Bingo Thursday, July 16, 4:00 pm to 7:00 pm

What's better than a delicious meal cooked up on the grill in the summer? Enjoying it with your friends at Bugbee! Top it off with a fun round of high stakes bingo! \$3 per card for 10 games.



**Menu**  
Cole Slaw  
BBQ Chicken Wings  
Sweet Potato Steak Fries  
Cornbread  
Strawberry Shortcake

Advance registration required for dinner. Feel free to drop in for bingo! For more info, or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).

## West Hartford Farmers Market Tuesday Evenings, 3:30 pm to 6:30 pm

Did you know that West-Hartford, Vermont hosts a Farmers Market every Tuesday at its sweet and cozy library? Check it out any week but save the date for *Tuesday, August 25th from 3:30pm-6:30pm*.

There are craft and prepared food vendors, vegetable and meat farmers, and a fun summer community-vibe. Special for August 25 - the market will be hosting the Occasional Jug Band. So, come on down for some live music and a picnic-style gathering. The Community Nurse will be there as will a few other community partners who support older adults in the Hartford area. This is a meet and greet, a chance to see what services are available in our community. Come out and have some fun!



## Check out Aging Resource Center Programs!

The Aging Resource Center hosts events for older adults, families, and community members. Classes are held in person in Lebanon and virtually via zoom.

You must register through Dartmouth Health to attend programs! You can find all upcoming events and programs here: <https://www.dartmouth-hitchcock.org/aging-resource-center>.



Wed  
**July**  
1  
Virtual: Birding Basics  
Four session class  
9:00 am to 10:00 am

Tue  
**July**  
14  
Virtual: Memoir Writing  
Six session class  
1:00 pm to 2:30 pm

Wed  
**July**  
8  
In Person: Diabetes Workshop  
1:00 pm to 2:30 pm

Tue  
**July**  
28  
In Person: Portraits of Joy  
Photo Show  
1:00 pm to 3:00 pm

## Are you Hard of Hearing?

VCIL can assist you! Approved applicants can receive communication equipment such as amplified or captioned telephones, cell phones & smart phones, tablets & laptops, or assistive communication devices.

For applications or for more information, please contact VCIL at 802-224-1814 or email [mlorenz@vcil.org](mailto:mlorenz@vcil.org).



## Director's Corner

July, 2026

Happy Independence Day, everyone! Hope you're enjoying your summers and keeping cool (and dry, as the weather would have it). We're enjoying the buzz of activity around Bugbee as we prepare for the 2026 Bugbee Games and the introduction of some new activities later this year. Thank you all for keeping in touch, coming to the Center, and enjoying some great meals with us.

A special thank you to Advance Transit is in order, along with all of you who consulted with us on the new bus shelter and handicap ramp in front of the building. This was a pretty extensive project and we appreciate all of the planning and work that went into making Bugbee more welcoming to people arriving by bus and by foot.

While we're at it, I'd like to thank the gardeners who have done a really amazing job keeping the grounds in good shape around the building. The flowers and plants this year are in bloom and really make for a cheerful greeting to the Center. Thank you, gardeners!

Quick question for you all: what color t-shirt should we order for the Bugbee Games this year? Last year was light blue, and the year before was dark blue. Maybe a maroon or a orange for this year? Or maybe yellow polka dot? Hm... Let us know in the office what you would prefer. See you all soon!

Mark Bradley  
Executive Director



## Test Your Luck with the Marble Game!

The Marble Game is back! We promise there are red marbles in the bucket... Purchase raffle tickets at lunch, and if your number is drawn, try your luck for the red marble. The pot keeps growing until a red marble is drawn. Half of proceeds benefit senior programs at Bugbee, so enjoy some fun while benefitting a good cause.



**SAVE THE DATES!**  
**AUGUST 24-27**

## 2026 Events include:

- Bocce Ball
- Competitive Knitting
- Cornhole
- NEW! Cribbage
- Homerun Derby
- HORSE Basketball
- Lawn Darts
- NEW! Mah Jong
- Mini-Golf
- Putting Contest
- NEW! Seated Volleyball
- Walk/Roll/Run Race

Keep an eye on the August Bulletin and [bugbeecenter.org](http://bugbeecenter.org) for detailed schedules, venue info, and sign up information!



# Arts & Crafts

@BUGBEE



## Painting with Christine - Camping Scene

Monday, July 13 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 July, paint a couple of campers roasting marshmallows on the campfire. 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](mailto:hello@bugbeecenter.org) to sign up.

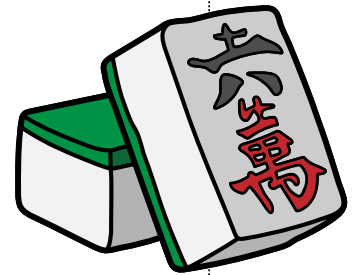


## Mahjong

Mondays, Wednesdays, Thursdays, & Fridays!

Come to the center to play this tile-based strategy game, similar to rummy. We play on Monday, Wednesday, & Friday mornings at 9:30. If you're not an early bird... come play on Thursday afternoons at 1:30 pm!

No registration required. For more information, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).



## Samba Card Game - Time Change

Every Thursday at 1:15 pm

Curious about the Samba card game? Join us to learn the rules, scoring, and basic strategies in a relaxed, supportive setting. No experience needed—just bring your enthusiasm!

No registration required. For more information, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).



## Team Trivia

Every Third Tuesday - Tuesday, July 21 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](mailto:hello@bugbeecenter.org).



## Longevity Nutrition: Living Better For Longer Through Food

Wednesday, July 15 at 1:00 pm

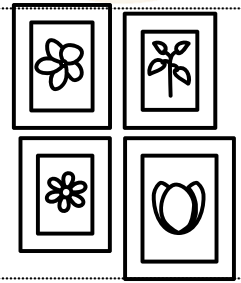
Presented by Laura Swoyer. Bring your curiosity and your nutrition questions as we explore some of the latest research on foods and dietary strategies to optimize health, promote healthy aging, and reduce the risk of age-related diseases. No registration required. Sponsored by Senior Solutions.



## Historically Decorated Walls

Thursday, July 23 at 1:00 pm

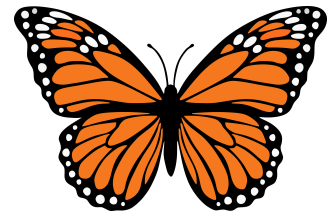
Polly, a teacher, artist, and historical preservationist, has dedicated over four decades to promoting the historic art of wall and floor stenciling and mural painting. No registration required.



## Monarch Butterflies

Tuesday, August 4 at 1:30 pm

Learn about the life & migration cycle of the beautiful monarch butterfly. No registration required.



## Hartford & Quechee/Wilder Library Hours at Bugbee

Every Tuesday from 10:00 am to 11:30 am

*The Libraries Come to Bugbee!* Librarians from the Hartford and Quechee/Wilder Libraries will provide library services in Bugbee's library room each week.

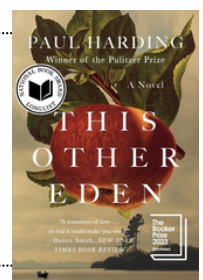
They will bring books from the libraries' collections, including new best sellers and large print titles. All are welcome to check out books using existing library cards. If you don't have a library card at one of the Hartford Libraries, they will be happy to open one for you. You don't need to be a Hartford resident to open a card and use services. Learn about all that our Town Libraries have to offer and stock up on great reading materials! We look forward to seeing you there!



## Book Club - *This Other Eden*

Friday, July 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](mailto:hello@bugbeecenter.org).



# Beat the Heat



Heat-related illnesses are real!

Use this checklist to stay prepared for extreme heat:

- **Stay Hydrated**—An average person needs to drink about 3/4 of a gallon of water everyday!
- **Gather Emergency Supplies**—Keep a stock of food, water, & medicine in the event of a power outage.
- **Make a plan to stay cool**—Do not rely on electric fans. Take a cool shower or move to an air-conditioned place. \*Remember, Bugbee is open during the day if you need to cool down!
- **Dress for the weather**—Wear lightweight, light-colored, loose-fitting clothing. Use sunscreen and wear a hat (*preferably a Yankees hat*)!
- **Learn emergency skills**—Learn how to respond & recognize heat illness.
- **Consult your doctor**—Ask if any of your medications make you more likely to become overheated or sunburned.
- **Stay Connected**—Check in on your neighbors and [sign up for emergency alerts from Vermont Emergency Management](#).



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262 North Main Street  
White River Junction, VT  
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