

Bugbee

August 2026

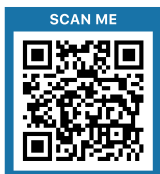
BULLETIN



food friendship participation purpose

2026 BUGBEE GAMES AUGUST 24-27

Sign up to compete! Call 802-295-9068, see us at the front desk, or visit bugbeecenter.org



Scan with your phone for more info!

Souvenir T-Shirts

Preorders end August 7! Visit Bugbeecenter.org/Games or scan the QR code above to purchase online, or let us know at the front desk. Proceeds support programs and meals at Bugbee.

Spectators are welcome!
Cheer for your friends!



Schedule

MGN
8/24

10:30 am	Opening Ceremony	@Bugbee
11:00 am	March of the Athletes	@Bugbee
12:00 pm	Brunch of Champions Suggested donation: \$6	@Bugbee
2:00 pm	Indoor Rowing	@Bugbee
	Mini-Golf	@Fore-U

TUE
8/25

10:00 am	500m Walk/Roll/Run	@Maxfield
10:30 am	Home Run Derby	@Maxfield
11:15 am	H.O.R.S.E. Basketball	@Maxfield

WED
8/26

9:30 am	Puzzle Race	@Bugbee
	Mah Jong Tournament	@Bugbee
1:00 pm	Competitive Knitting	@Bugbee
	Cribbage Tournament	@Bugbee

THU
8/27

10:00 am	Bocce Ball Ladder Toss Putt Contest	@Lyman
11:00 am	Cornhole Lawn Darts Seated Volleyball	@Lyman
12:00 pm	Closing Ceremony & BBQ Suggested donation: \$6	@Lyman



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

802-295-9068
hello@bugbeecenter.org

Menu

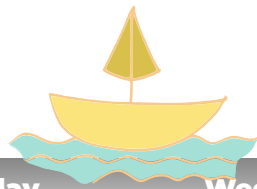
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August

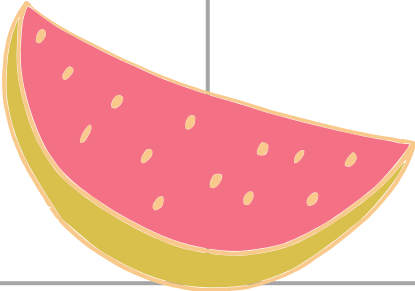


Monday	Tuesday	Wednesday	Thursday	Friday
3 3-Bean Salad Salisbury Steak Sweet Potatoes Broccoli Roll Peanut Butter Cookie	4 Caesar Salad Spaghetti & Meatballs Cali Mixed Vegetables Garlic Bread Berry Parfait	5 Tomato & Mozz Salad Herbed Salmon Lemon Rice Asparagus Roll Blueberry & Lemon Curd	6 Broccoli Salad Turkey Dinner Stuffing Cranberries Mashed Potatoes Green Beans Pumpkin stuff	7 House Salad C&S Pizza Melon
10 Cole Slaw KFC Gravy Bowl w/ Chicken, Mashed Potatoes, & Corn Biscuit Cauli Vegetable Blend Fruit Cocktail	11 Quinoa Salad Ham & Cheese Sandwich Potato Salad Blueberries & Jell-O	12 Caesar Salad Meatloaf Mashed Potatoes Asparagus Cheesecake	13 <i>Birthday Day</i> House Salad Roast Pork w/ Gravy Vegetable Rice Pilaf Glazed Carrots Apple Sauce Birthday Cake	14 Marry me Chicken Cheesy Broccoli Gratin Chimi Roasted Potatoes Brownie w/ Strawberry
17 House Salad Beef Stroganoff on Egg Noodles Corn Roll Pears	18 Cucumber Ginger Slaw Teriyaki Chicken Ginger Rice Orange Broccoli with Peppers & Pineapple Oranges	19 SUMMER BBQ NIGHT OPENING House Salad Pork Ribs Potato Salad Roasted Summer Veggie Quinoa Salad Strawberry Shortcake <i>*No Meal Delivery*</i>	20 Cole Slaw Baked Haddock Roasted Potatoes Creamed Spinach Cookies	21 Turkey Greek Chef Salad Cheesy Toasted Bread Banana Bread
24 BRUNCH OF CHAMPIONS Parfait French Toast w/ Berries & Cantaloupe Sausage & Bacon Vegetable Frittata Cinnamon Buns	25 Caesar Salad Breaded Chicken w/ Ranch Sauce Orzo Florentine Roasted Tomatoes Ice Cream	26 Artichoke & Red Pepper Salad Ravioli w/ Bolognese Roasted Squash Medley Toasted Garlic Focaccia Banana Pudding	27 BUGBEE GAMES CLOSING CEREMONY LUNCH @ LYMAN Burgers Tuscan Veggie Blend Potato Salad Brownie w/ Berries	28 Pasta Salad Turkey Wrap w/ Lettuce, Tomatoes, Onions, & Cranberry Mayo Chips Grapes
31 Pickled Beet Salad Mac & Cheese Stewed Tomatoes Brussels Sprouts Fruit Salad				

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



Activities August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 1: Card Games 1:30: BugbeeTalk: Monarch Talk w/Rose	5 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	6 10:30: Buzz Café 1:15: Samba Card Game 1:30: Mahjong	7 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
10 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class	11 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:30: Mini Trip: DH Art Walk 1: Card Games	12 8: Lake Champlain Cruise 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10: Senior Fitness-\$8 1:30: Fiber Crafts	13 10:30: Buzz Café 1:15: Samba Card Game 1:15: Crafting with Rose 1:30: Mahjong 1:30: BugbeeTalk: Saint-Gaudens Talk	14 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
17 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	18 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 1: Card Games 1: Team Trivia	19 8: Pickleball @ Maxfield 9:30: Mahjong 10: Senior Fitness-\$8 10: Walking Club 11:30 Tech Help 1:30: Fiber Crafts 5: Ribs & Bingo Night Opening *advance registration*	20 10:30: Buzz Café 1:15: Samba Card Game 1:30: Visually Impaired Group 1:30: Medicare Presentation 1:30: Mahjong	21 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
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Check out the front page for the 2026 Bugbee Games Schedule!				
31 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 1: Fall Card Making 2: Indoor Rowing Class				

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!



Book Club - *Outlawed*

Friday, August 7 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.



Digital Media Creation for Seniors @ JAM

Fridays, September 18 – November 13 from 10am – 11:30 am

Discover the art of digital creation with Junction Arts & Media's spring workshop for seniors. You will learn the tools you need to craft your own creative project, whether it's a digital scrapbook, documentary video, an Instagram account to connect with grandkids, an original podcast or audio memoir, or other tools empowering you to tell your own story



Registration required. To sign up, call the JAM front desk, 802-295-6688 or visit www.bugbeecenter.org/class/jam-sept/.

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>.



In Person: Ukulele Jam Sesh
9:00 am to 10:00 am



Virtual: Seated Yoga
10-week class
3:30 pm to 4:00 pm



In Person: Dementia Program:
Caregiver Summer Fest
1:00 pm to 3:00 pm



In Person: Ink Painting
All materials provided
9:00 am to 11:00 am

Director's Corner

August, 2026

Let the games begin! We are gearing up for 19 events & competitions over four days and four venues! Thank you in advance to all of this year's participants, volunteers, and staff for making this event a fun time. I may be at the age where I'm in the market for my first pair of reading glasses, but every year the Bugbee Games remind me that I'm not getting too old to still go out and do things, keep active, and make friends. Whether it's competing in an indoor rowing race, or a cribbage tournament, we're all still part of something.

Oh, and the tshirt color this year..."Tennessee Orange." It was a close call between a few options, but this one won out in the end. Thank you all for your ideas and feedback. Tshirts can be purchased online, and we'll have a limited number available here at the Center for pre-order. We have a few from the last Games available at a lower price as well. Proceeds really do help cover the costs of the Games and other activities at Bugbee!

What else is going on...a lot! We are doing some hiring in the kitchen, as the program continues to grow and develop. We've got a bunch of "back office" tasks to catch up on, ranging from some improvements to the website, scheduling some building maintenance, and filling up the calendar for the fall. There's never a dull moment at Bugbee, it seems. Thank you all for keeping life lively here!

Mark Bradley
Executive Director



Mini Trip: Dartmouth Health Art Walk

Tuesday, August 11 at 10:30 am

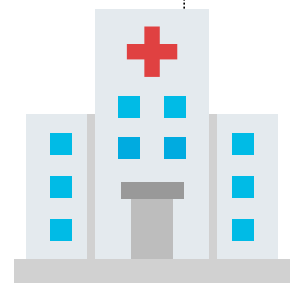
Dartmouth Health Arts & Humanities Program - Summer 2026 Art Exhibit

Did you know Dartmouth Health Medical Center in Lebanon is home to an art exhibit? Local and regional artists have the opportunity to show off their skills on the walls of Dartmouth. Let's visit together and check out the art!

Meet at Bugbee at 10:30. We'll be carpooling to DH for a self guided art walk of the Summer 2026 Exhibit. After the walk, enjoy a delicious lunch at Snax at noon.

Advance registration required. Bring your own cash for lunch.

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



Intro to Tai Chi

Monday, August 31 at 9:30 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.





Crafting with Rose - Pressed Flowers

Thursday, August 13 at 1:15 pm

Since everyone enjoyed Rock Art with Rose so much, she's decided to come back for a new fun class! In this class, you will be creating pressed flower frames. It is a beautiful way to save and display the colors of summer. Join us for the fun and relaxation! All supplies provided. \$15.

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



Painting with Christine - Sunset Over the Lake

Monday, August 17 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 August, paint a gorgeous sunset over the lake. 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.

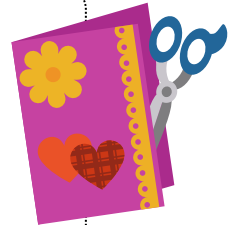


Card Making to Celebrate Fall

Monday, August 31 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 Fall 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.



Team Trivia

Every Third Tuesday - Tuesday, August 18 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.

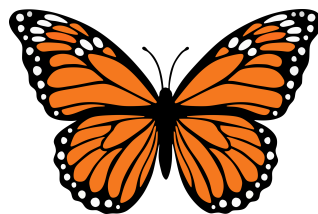


Monarch Butterflies

Tuesday, August 4 at 1:30 pm

Learn about the life & migration cycle of the beautiful monarch butterfly.

Presented by Rose Smith. No registration required.



Beyond the Bronze - Saint-Gaudens Presentation

Thursday, August 13 at 1:30 pm

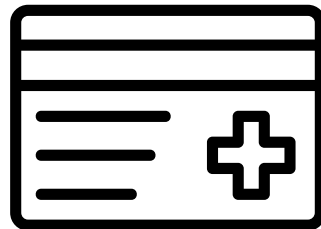
Rainey McKenna is Public Affairs Specialist and Visitor Experience Program Manager for the National Park Service (NPS), based at the Marsh-Billings-Rockefeller and Saint-Gaudens National Historical Parks. Her presentation explores the people and history behind the works of the acclaimed artist Augustus Saint-Gaudens and how the park carries on his legacy today. No registration required. Thanks to NARFE for sponsoring this talk!



Medicare Presentation

Thursday, August 20 at 1:30 pm

Join Tirah Brothers, SHIP Coordinator from Senior Solutions, the Area Agency on Aging for Southeastern Vermont, for an informative session. Tirah will cover everything you need to know about Medicare Open Enrollment. No registration required.

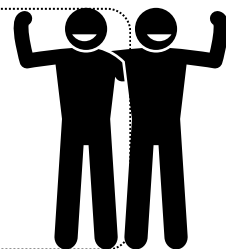


What's Happening in September?

Fall Prevention Panel

Tuesday, September 22 at 1:30 pm

Learn from local specialists on how to keep yourself safe from fall risks. In this discussion, you will hear from Dena Wilkie - home modifications, Linda Harvey - fall prevention, Katie Williams - lifeline options, and Anne Bower - Tai Chi. No registration required. Bring your questions!



SAIL Program

Tuesdays & Thursdays, September 29 - November 19 from 1:30 pm to 2:30 pm

SAIL - Stay Active and Independent for Life. Sail is an evidence based falls prevention exercise program that helps reduce falls risk. This program involves one hour of aerobic, balance, strength, and flexibility exercises (available in standing and sitting form) set to fun music. Two textbooks will be provided for reference.

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



Informational Presentation: Coastal California Trip
Tuesday, September 1 at 3:00 pm

Join Collette Travel as they introduce a trip to Coastal California in Fall of 2027. From soaring redwoods to cultural meccas and verdant valleys, explore the rich sights, sounds, and tastes of California.

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



BBQ Ribs & High Stakes Bingo
Wednesday Evening, August 19, Doors at 4, Dinner at 5, Bingo Around 6

Nothing says summer quite like BBQ Ribs. Join your friends for a delicious dinner. Stick around afterwards for high stakes bingo! Cards are \$3 a pop for 10 games. Guaranteed to be fun.

Sign up is required for dinner. Please call 802-295-9068 or email hello@bugbeecenter.org to register!

- House Salad
- Pork Ribs
- Potato Salad
- Roasted Summer
- Veggie Quinoa Salad
- Strawberry Shortcake



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