

Bugbee BULLETIN

September 2026



♦ food friendship participation purpose ♦

Pizza and Bingo Night Opening

Thursday Evening, September 24, Doors open at 4, Dinner is at 5, Bingo Around 6

Did someone say pizza? Join your friends at Bugbee for another fun filled night of laughs and pizza! After dinner, we'll play high stakes bingo. \$6 suggested donation for pizza. \$3 a card for 10 games.

Sign up is required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org!

The Center will be open for activities during the day—no noon lunch or meal deliveries.

Menu
House Salad
C&S Pizza
Pasta Salad
Melon



Oktoberfest & Bingo Night Opening

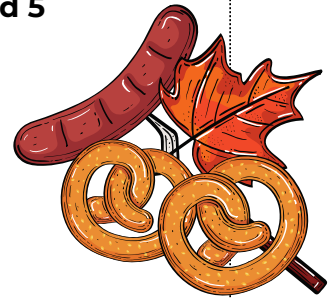
Thursday Evening, October 7, Doors open at 3, Dinner is at 4, Bingo Around 5

It's Oktoberfest. We don't have beer, but we do have bingo! Please note the time change so we don't drive home in the dark: Doors open at 3, Dinner is at 4, Bingo after dinner. \$6 suggested donation for dinner. \$3 a card for 10 games.

Sign up is required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org!

The Center will be open for activities during the day—no noon lunch or meal deliveries.

Menu
TBD



Hannaford Community Bag Program

September - All Month Long

Gather for good in September! With every \$2.50 reusable Community Bag purchased during September at the West Lebanon Hannaford, they will give \$1 to support meals & programs at Bugbee. Support aging well, while also helping to reduce plastic waste! Thank you to our friends at Hannaford for selecting Bugbee for September.



Team Trivia

Every Third Tuesday - Tuesday, September 15 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.

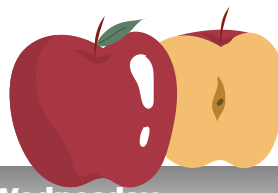


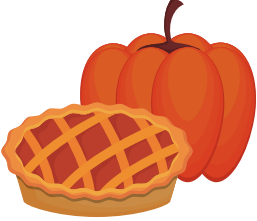
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802-295-9068
hello@bugbeecenter.org

Menu

September 2026



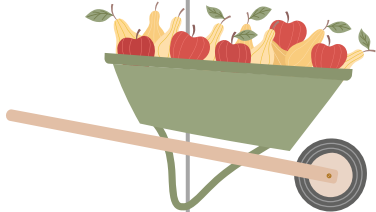
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Slaw Baked Haddock Roasted Potatoes Creamed Spinach Blueberry Cobbler	2 Faro & Spinach Salad Lemon Sauce Fried Chicken Orzo Florentine Squash Roasted Tomatoes Ice Cream w/ Spiced Apples	3 Caesar Salad Cheese Ravioli w/ Meat Sauce Tuscan Blend Veggies Garlic Bread Fruit	4 Breakfast for Lunch Banana Bacon Spinach Frittata Tomato Jam Waffle w/ Maple Syrup Sausage Berry Parfait
7 Closed for Labor Day 	8 House Salad Chicken & Biscuit w/ Gravy, Peas, & Carrots Cauliflower Pineapple w/ Orange Whip	9 <i>Birthday Lunch</i> 5 Bean Salad Roast Pork Scalloped Potatoes Glazed Carrots Roll Spiced Apple Sauce Birthday Cake	10 Beet Salad Mac & Cheese Stewed Tomatoes Brussels Sprouts Grapes	11 House Salad Beef Stew Broccoli Garlic Roll Cookies
14 House Salad Salisbury Steak Sweet Potatoes Spinach Roll Apple Sauce	15 Slaw Baked Ham Roasted Potatoes Braised Cabbage Carrots Apple Bread Pudding	16 House Salad Marry me Chicken Cheesy Broccoli Gratin Chimichurri Roasted Potatoes Brownie & Strawberry	17 House Salad Potato salad BLT Wrap Melon Slice Ice Cream Sandwich	18 Caesar Salad Clam Chowder Oyster Crackers Corn Oranges
21 Closed for Staff Development & Training 	22 Caesar Salad Lemon Herb Salmon Roasted Potatoes Cali Medley Blend Roll Peaches & Cream	23 Turkey Dinner Mashed Potatoes, Stuffing, & Gravy Green Bean Casserole Orange Cranberry Sauce Pumpkin Stuff	24 PIZZA & BINGO NIGHT OPENING House Salad C&S Pizza Pasta Salad Melon <i>*No Meal Delivery*</i>	25 Spinach Tomato & Mozzarella Salad American Chop Suey Broccoli Strawberries & Pudding
28 Cucumbers w/ Ranch Cheese & Crackers Cuban Sandwich Chips Grapes & Berries	29 Caesar Salad Popcorn Chicken KFC Gravy Bowl w/ Corn & Mashed Potatoes Cheesy Broccoli Garlic Bread Peach Cobbler	30 Tomato & Cucumber Salad Beef Stroganoff Tuscan Veggie Blend Roll Baked Pears		

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



Activities

September 2026

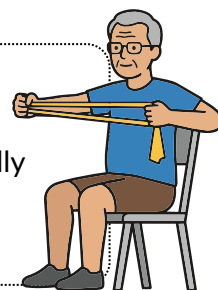
Monday	Tuesday	Wednesday	Thursday	Friday
	1 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @UVAC 1: Card Games 2: Grief & Healing Café 3: Coastal California Trip Presentation	2 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10:30: Senior Fitness-\$8 11:30: Tech Help 1:30: Fiber Crafts	3 9: Quilting 10:30: Buzz Café 1:15: Samba Card Game 1:15: Art with Rose: Teacup Succulents-\$10 1:30: Mahjong	4 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
7 Closed for Labor Day 	8 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @UVAC 1: Card Games	9 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10:30: Senior Fitness-\$8 1:30: Fiber Crafts	10 9: Quilting 10: HVC Free Screening 10:30: Buzz Café 1: Wildlife Talk w/ Lisa 1:15: Samba Card Game 1:30: Mahjong	11 8: Pickleball @ Maxfield 8:30: Yoga for Men-\$8 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga-\$8 11:15: SAIL Balance 1: Bingo 1: Board Games 2: Open Rowing Hours
14 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 1: "Just Because" Cards 1: Painting with Christine-\$25 2: Indoor Rowing Class	15 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 10:15: Aqua Aerobics @UVAC 1: Card Games 1: Team Trivia	16 8: Foster's Clambake Trip 8: Pickleball @ Maxfield 9: Foot Clinic-\$40 9:30: Mahjong 10: Walking Club 10:30: Senior Fitness-\$8 11:30 Tech Help 1:30: Fiber Crafts	17 9: Quilting 10:30: Buzz Café 12: Telephone Company Retirees Lunch 1:15: Samba Card Game 1:30: Visually Impaired Group 1:30: Mahjong	18 8: Pickleball @ Maxfield 9:30: Mahjong 9:30: Suite Notes 1: Bingo 1: Board Games 2: Open Rowing Hours
21 8: Pickleball @ Maxfield Bugbee Center Closed for Staff Development & Training 	22 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 1: Card Games 1:30: Fall Prevention Panel	23 8: Pickleball @ Maxfield 9:30: Mahjong 10: Walking Club 10:30: Senior Fitness-\$8 1:30: Fiber Crafts	24 9: Quilting 10: Balance Screening with Linda 1:15: Samba Card Game 1:30: Mahjong 1:30: Medicare Talk 5: Pizza & Bingo Night Opening <i>*advance registration*</i>	25 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: Zentangle-\$25 2: Open Rowing Hours
28 8: Pickleball @ Maxfield 9:30: Mahjong 9:30 & 10:40: Tai Chi-\$3 10: Bridge 1: Board Games 1: Bingo 2: Indoor Rowing Class	29 10: Library Hours at Bugbee 10: Yoga Fusion-\$8 1: Card Games 1:30: SAIL Program	30 8: Pickleball @ Maxfield 9:30: Mahjong 10: Walking Club 10:30: Senior Fitness-\$8 1:15: Evergreen Singers 1:30: Fiber Crafts		

Fitness & Balance

Senior Fitness

***September Time Change* Wednesdays at 10:30 am**

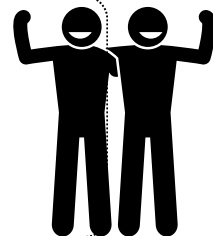
This exercise class will have you moving your body, so you can feel physically, mentally, and emotionally better. \$8 per class. No sign up required! For more info, please email hello@bugbeecenter.org or call 802-295-9068.



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!



Balance Screening with Linda

Thursday, September 24, 10:00 am to 11:30 am

Are you concerned about your balance or that you might be at risk of a fall? Register for an in-person balance screening, right here at Bugbee! This evaluation will help inform you of your fall risk and connect you with falls prevention resources.



Space is limited. Sign up is required. Please email hello@bugbeecenter.org or call 802-295-9068 to reserve your spot!

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.



Registration required. **An intake with Dartmouth Aging Resource Center must be completed as part of the registration process.** For more info, please call 802-295-9068 or email hello@bugbeecenter.org.

Evergreen Singers

Wednesday, September 30 at 1:15 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.

evergreen
SINGERS



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

Director's Corner

September, 2026

By request from participants, here are Mark's remarks from August's Opening Ceremony of the Bugbee Games:

One of the interesting things about working at a senior center is that I spend a lot of time professionally thinking about the basics: Food. Transportation. Healthcare. Housing. Safety. Financial security. Those things matter enormously, and we spend a lot of time in the aging services world trying to figure these things out, as we should.

But that doesn't capture everything about life at Bugbee, or maybe life in general. There are things we still seek out no matter what, even if there are times when our basic needs get shaky. I see it happen every day, even when some of us are working through unimaginable difficulty. I see you arriving for lunch, and the first thing you do is look around to see who's here. I hear you talking about a class you took, showing off your paintings, discussing the next trip, or something you read, something you made, something new you've learned, what's happening with your family.

I see you singing, dancing, enjoying music, visiting museums and exhibits together, and writing stories, poems, or friendly notes to each other. I see you exploring your curiosity about the most random things: bird calls, how to cook garlic scapes, favorite yarns, what kinds of road signs they use in Kazakhstan, or whether humidity or dew point really matters more for summer comfort.

I see friendships form between people who might never have met before coming to Bugbee. I see you looking after each other, resolving conflicts, and helping each other out. I hear a ridiculous amount of laughter coming from rooms where I'm pretty sure you're supposed to be exercising. And then once a year, I watch perfectly reasonable adults become intensely competitive about things like knitting and puzzles.

I love it, because you've convinced me that these aren't "extras." Having somewhere to go—not to spend, not to earn, but simply to be yourself—this matters. Having somewhere people know your name, where you can just exist as a person, isn't a luxury. It shouldn't be reserved for only some people.

The more time I spend with all of you, the more I understand what it means to live a good life, and how my job is to share this as best we can. We need food, shelter, and safety to survive. We also need to tell stories, call each other, create things, teach and learn from one another, gather, and yes, to play games.

Human beings have been doing these things for thousands of years. None of them stop mattering just because we get older. The Bugbee Games are a celebration of something all of you demonstrate here and out in the community, all year long. Every person, regardless of age, should be able to enjoy the things worth living for. When we do this together, we give each other a sense of purpose, contribute to our community, and contribute to our shared humanity.

So, to everyone who participated in this year's Games, those who couldn't make, it, and those who are with us in spirit, thank you for teaching us about what it means to be human. You are all worth more than your weight in gold.

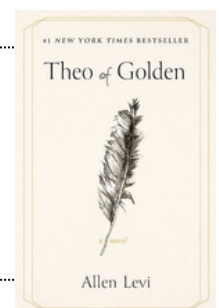
-Mark Bradley, Executive Director



Book Club - *Theo of Golden* by Allen Levi

Every First Friday - Friday, September 4 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.



Crafting with Rose - Tea Cup Succulents

Thursday, September 3 at 1:15 pm

Join this fun class to upcycle tea cups by using them to plant succulents.

\$10 fee covers all materials and instruction.

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



Painting with Christine - Blue Mountains

Monday, September 14 at 1:00 pm

Christine of the Wandering Paint Brush is back for another great painting class! All levels of experience encouraged to join. In September, paint a beautiful blue mountain in the distance. Take home your very own masterpiece. \$25 fee covers instruction and materials.

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



"Just Because" Card Making

Monday, September 14 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! This month, we're making cards just because!

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



Zentangle

Friday, September 25 at 1:00 pm

Join Certified Zentangle Teacher Elizabeth Sofish for a relaxed, step-by-step Zentangle® drawing class. We'll create a graceful design of flowing lines and simple forms, and then use shading and highlights to give the drawing depth and dimension. This is an easy project suitable for both beginners and those with Zentangle experience. No artistic talent is needed. \$25 fee covers all materials and instruction.

Come enjoy the process and see what emerges, one stroke at a time.

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



AARP Sponsored Painting Class

Thursday, October 8 at 2:00 pm to 4:00 pm

Join AARP Vermont at the Bugbee Senior Center for a themed painting adventure focused on fun, relaxation, and creativity! This class is designed for everyone—no experience needed! Step-by-step instruction and all supplies included. Registration is required, as space is limited. AARP membership is not required to participate.

Registration required. AARP membership is not required to participate. For more info or to register, please visit www.bugbeecenter.org/class/aarp-painting-class-2026/.



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.



Wildlife Talk with Lisa Grose

Thursday, September 10 at 1:00 pm

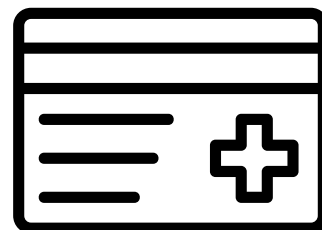
Wildlife Through the Lens of Trail Cameras. Step into the secret lives of our local wildlife through stunning trail camera photos and videos. No registration required.



Medicare Presentation

Thursday, September 24 at 1:30 pm

Join Zenaida for an informative session on Medicare. She will go over all the different parts of Medicare and how they work, and will explain the differences between supplements (Medigap plans) and Advantage (Part C) plans. Zenaida will also explain how the Part D works and how to avoid potential penalties.



Your Body Believes Everything You Think

Thursdays between October 8-November 19 (7 classes); 10-11:30AM

"Are your thoughts making your body sick?"



We humans have a stream of thoughts going on in our heads all the time! Without realizing it, that inner dialogue can make us sick depending on what we focus on. In this class, we will explore medical research on the body's reactions to what goes on in our heads. Worry, gloomy predictions, grudges, self-criticism, discontent, negative mindsets and clutter can affect our immunity, energy, overall health, and ability to cope. With equal measures of humor, wisdom and practicality, we will increase awareness of what we think about and practice strategies and methods that can pivot us away from unhelpful ruminating and work in harmony with our marvelous minds, bodies, and spirits.

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

Grief and Healing Café

Date Change in September - Tuesday, September 1 at 2:00 pm

The Grief Café is open to anyone who has experienced loss

We believe grief is a universal human experience

We honor the co-existence of feelings in grief

Celebrate the lives of those we grieve.

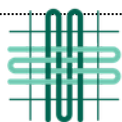


As a group, we respect the privacy of those in the group, stories shared in the space are strictly confidential.

The Grief Café is hosted in person or via zoom. Please email hello@bugbeecenter.org or call 802-295-9068 to request the zoom link.

HVC CARES – Free Health Screening

Thursday, September 10 at 10:00 am



Dartmouth
Health

HVC CARES (Heart and Vascular Center Community Awareness and Education to Save Lives) is a community outreach and prevention program affiliated with Dartmouth Health. The goal of this program is to identify cardiovascular risk factors early, provide education, connect individuals with appropriate healthcare resources, and increase awareness of heart disease prevention.

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

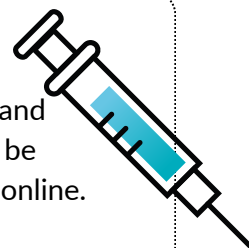
HVC screenings include:

- Blood pressure screening
- Cholesterol screening
- Individualized cardiovascular risk education
- Educational resources and referrals when appropriate

Fall Vaccine Clinic

Thursday, October 1, 9:30 am to 12:30 pm

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. Registration forms can be completed in person or online. Visit www.bugbeecenter.org/class/fall-2026-vaccine/ to register online. Please call 802-295-9068 or email hello@bugbeecenter.org for more information.



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