



Bugbee Bulletin

Volume 2025, Issue 4
April 2025

Published monthly by
White River Council on Aging
262 North Main Street
White River Junction, VT 05001
802-295-9068
bugbeecenter.org



Thursday, April 24 from 2-4pm
If it can be fixed, don't throw it out!



For more information, contact Susan at 802-295-9068 or susan@bugbeecenter.org.

Bugbee is hosting a Repair Fair in April! A repair fair is a free event where folks can have basic or minor repairs made on items. Instead of tossing things away, get them fixed by someone in our community.

Here are some things our Volunteers can help you with:

- 1) Machine sewing or hand sewing/darning
- 2) Jewelry or watch repair
- 3) Handyman for small tasks
- 4) Sharpen knives
- 5) Electronics and small appliances
- 6) Bike repairs
- 7) Non Toxic Cleaning Supplies
- 8) Tech or computer help (TBD)
- 9) Gardening (TBD)



Friday, May 2 from 3-5pm

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

Come learn what the senior center, our partners in the community, and YOU can do to age your best, and help others to do the same! Meet people, learn about stuff, have a little fun, & find volunteer opportunities. *Meet us at Bugbee!*

2025 Community Partners

- | | |
|------------------------|------------------------|
| Advance Transit | Mascoma Bank |
| Bayada Hospice | My Healthy Vermont |
| Better Business Bureau | Osher Institute |
| COVER Home Repair | Senior Medicare Patrol |
| Dartmouth Health | Vet Center |
| Dartmouth Aging | Willing Hands |
| Resource Center | Windsor County |
| FCP Live-In | Mentors |
| Good Neighbor Health | WISE |
| Clinic | |
| HomeShare Vermont | And More! |



Bugbee Senior Center Menu

April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reservations required for in house meals. 802-295-9068</p> <p>Call us before 10:30 to sign up!</p>	1 Corn Salad Southwest Chicken Cali Veggies Rice Pilaf Chocolate Cake w/ Peanut Butter Frosting	2 Leafy Green Salad Mac & Cheese w/ Ham Squash & Zucchini Yogurt w/ Peaches	3 Green Salad w/ Mandarins Chicken Noodle Soup Turkey & Cheddar Cheese Wrap Blondie	4 Quinoa Salad Salmon w/ Raspberry Glaze Peas & Cauliflower Dinner Roll Jello-Poke Cake
	7 Corn & Bean Salad Mac & Cheese Pickled Beets Stewed Tomatoes Fruit	8 3-Bean Salad Cheese Ravioli Spinach Flat Bread Peaches & Cream	9 House Salad Pork & Pears Apple Sauce Peas Jello	10 Carrot Slaw Corn Chowder & Chicken Salad Dinner Roll Fruit Parfait
14 House Salad Spaghetti w/ Meat Sauce Zucchini & Onions Garlic Bread Spice Cake	15 Leafy Green Salad Chicken Pot Pie w/ Biscuit Mashed Potatoes Broccoli Yogurt w/ Strawberries	16 4 Bean Salad Baked Haddock Roasted Red Potatoes Spinach Baked Pears	17 EASTER LUNCH Baked Ham & Sweet Potatoes *Advanced Registration Required for In House Meals*	18 Caesar Salad C&S Pizza Fruit Parfait
21 Mediterranean Salad American Chop Suey Broccoli Garlic Bread Birthday Cake	22 Broccoli Salad Sausage, Peppers, & Onions Brown Rice Brownie	23 Quinoa Salad Salisbury Steak Mashed Potatoes Squash Bread Pudding	24 4-Bean Salad Antipasto Salad w/ Salami & Veggies Zucchini, Onions, & Carrots Baked Apples	25 House Salad Pork Chops Stuffing Apple Sauce Peas Fruit Parfait
28 Green Salad Baked Ham Mashed Potatoes Peas & Carrots Ambrosia Salad	29 House Salad Turkey Sliced Bread Stuffing Cauliflower Jello-Poke Cake	30 VOLUNTEER APPRECIATION DINNER Pesto Pasta w/ Chicken & Cherry Tomatoes *Advanced Registration Required for In House* *No Meals on Wheels Delivery*	Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.	Suggested Donation \$6.00



Bugbee Senior Center Activities

April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10: Yoga Fusion \$8 10: Vaccine Clinic 12: Piano Tunes 1: Card Games 1: Film Discussion with Don—"On the Beach" 2: Senior Learning Network Presentation	2 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:30: Tech Help 1: Fiber Crafts	3 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8	4 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo 1: Book Club
	Southwest Chicken	Mac & Cheese	Soup & Wrap	Salmon
7 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café	8 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Team Trivia 2: Senior Learning Network Presentation	9 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:30: Tech Help 1: Fiber Crafts	10 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8	11 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 11: Bugbee 2030 Update with Mark 1: Bingo
Mac & Cheese	Ravioli	Pork & Pears	Chowder & Salad	Seasoned Chicken
14 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Easter Card Making 1: Boggle 1: Bingo	15 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: BugbeeTalk: Artist Talk 2: Senior Learning Network Presentation	16 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalk: Green Burials	17 9: Quilting 10:30: Buzz Café 12: Easter Ham Lunch *advance sign up required* 1: High Stakes Bingo 1:30: Visually Impaired Group	18 9:15: Airport Tour 9:30: Mahjong 9:30: Suite Notes 10: Hartford Nurse Office Hours 1: Bingo
Spaghetti	Chicken Pot Pie	Baked Haddock		C&S Pizza
21 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 11: Memory Café 1: Painting w/ Christine 1: Boggle 1: Bingo	22 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	23 9:30: Mahjong 10: Cardio Drumming 11:30: Tech Help 1: Fiber Crafts	24 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8 <i>Bugbee Repair Fair at 2:00 pm</i>	25 9:30: Mahjong 9:30: Suite Notes 10: Hartford Nurse Office Hours 1: Bingo
American Chop Suey	Sausage, Pepper, Onion	Salisbury Steak	Antipasto Salad	Pork Chops
28 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo	29 12: Piano Tunes 1: Card Games	30 VOLUNTEER APPRECIATION DINNER 4:00: Doors Open 5:00: Dinner Stay for High Stakes Bingo after Dinner! Advanced Registration Required *No Meal Deliveries*		Reservations required for in house meals. Call us before 10:30 to sign up!
Baked Ham	Turkey			

Director's Corner

Happy April, Bugbee! We've been enjoying some glimpses of warmer weather and I'm sure are all eager to welcome spring. I'm looking forward to this month's activities and talks. The Lebanon Airport Tour should be a lot of fun and I might have a few items needing mending at the Bugbee Repair Fair!

It's Volunteer Appreciation Month, and I hope you'll join me in giving a big THANK YOU to all of the crew who keep Bugbee buzzing. To all our trusty Meals on Wheels drivers, wait staff, receptionists, potato peelers, Bulletin folders, activity leaders, decorators, basement organizers, trip chaperones, raffle ticket sellers, bingo callers, bakers, volunteer drivers, kitchen helpers, board members, and professional listeners: you are the reason Bugbee is a great place to be.

Are there any activities or events you'd like to see on the calendar? So much of what ends up on the schedule starts with a conversation with participants, many of whom continue to volunteer to make new things happen, so keep the ideas coming. Even though it's only April, we've already started talking about the Bugbee Games in August and thinking through ideas for new competitions to put on the schedule. Shuffleboard, maybe?

In the meantime, we'll keep busy behind the scenes planning menus, working on the strategic plan, and making sure everyone has plenty to do this spring. Hope to see many of you this month. Next time you see a Bugbee volunteer, help us thank them for their contributions!

Mark Bradley
Executive Director



Vaccine Clinic

provided by Vermont Center for Independent Living
Tuesday, April 1. Registration Required.

Scan Here to Register!

Vaccines available are COVID, Flu, RSV, Pneumonia, Shingles, & Tetanus/Pertussis. This Vaccine Clinic is offered free of charge, but insurance information will be collected and billed. Multiple vaccines may be administered at the same time.



Registration is required.
Please call 802-266-0321 or visit tinyurl.com/BugbeeVax.

Liz Carey NCOA Benefits Specialist

You might be surprised how many of us are eligible for benefits. Some that we don't even know about! Liz Carey, of Senior Solutions, will be at Bugbee twice a month to help you figure out the system. Set up an appointment with Liz by calling her, 802-773-7917 ext. 2134 or email her at lcarey@seniorsolutionsvt.org.



Memory Café

Bugbee will be hosting a memory café in partnership with Senior Solutions. A Memory Café is a wonderfully welcoming place for caregivers and their loved ones who are challenged with forms of dementia or other cognitive disorders. Join them every 3rd Monday from 11 am to 1 pm. No reservation required. Just come and relax together! For more details email Joann at jerenhouse@seniorsolutionsvt.org.

Special Meals at Bugbee
Easter Lunch & High Stakes Bingo
Thursday, April 17 at Noon

Happy Easter! We'll be serving up a classic Easter meal to celebrate the day. Don't forget to stop at the bunny to have your picture taken! Advanced registration required.



Menu
 Apple Slaw
 Baked Ham
 Sweet Potatoes
 w/ Marshmallows
 Green Beans
 Pineapple Upside Down
 Cake

Right after lunch, join us for high stakes bingo!
 \$3 a card. 10 games!

Volunteer Appreciation Dinner & High Stakes Bingo
Wednesday, April 30 at 5:00 pm



Our volunteers are the heart and soul of the Bugbee mission. From our Meals on Wheels Drivers, to our waitstaff and kitchen helpers, to our friendly receptionists, to our bulletin folders, to our bread runners, organizers, bingo callers, and foot clinicians. Our nutrition volunteers who pack lunches; deliver meals; sling plates; and bake goodies provide more than just nourishment—they bring kindness, connection, and care to those who need it most. Their dedication ensures that our seniors and homebound neighbors receive not only food but also a friendly face and a reminder that they are not alone.

Bugbee wouldn't be the same without our wonderful volunteer receptionists, organizers, bingo callers, and decorators. Our volunteers' time and effort make a lasting impact, and we are so grateful for all that you do. Thank you for being the heart of Bugbee and for making our community a better place every day!



To show our appreciation to our volunteers, join us for our first night opening of the year. If you're a volunteer, you eat for free! If you're not a volunteer, come by to say thank you to all the folks who help run this place! Advanced registration required for dinner. *Please note—there are no Meals on Wheels Deliveries during our night openings.*

Menu
 Coleslaw
 Pesto Pasta
 with Chicken &
 Cherry Tomatoes
 Spinach
 Cannoli

After dinner, stick around for high stakes bingo! \$3 per card for 10 games!

Advanced registration is required for special meals! Please call 802-295-9068 or email hello@bugbeecenter.org for more information or to sign up.

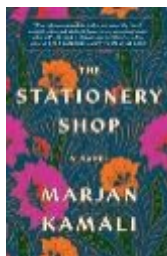
Bingo Price Changes

After a round of voting and careful consideration, Bugbee has decided to increase the price of cards for High Stakes Bingo. The new price is \$3 per card for 10 games. Regular Bingo will remain the same at 50¢ per card for 10 games!



Book Club in April
Friday, April 4 at 1:00 pm

This month's book is *The Stationery Shop* by Marjan Kamali. The discussion is led by Debbie from Quechee/Wilder Libraries. For more info or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Team Trivia
Tuesday, April 8 at 1:00 pm

Join us for our monthly trivia game! 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 fee to play, open to all.



BUGBEE Talks

Speaker Series for Upper Valley Seniors

Winslow Homer Art Talk

Tuesday, April 15 at 1:00 pm

Winslow Homer (1836 – 1910) was a lithographer embedded with the Union army producing popular civil war images for the public. His later work showed great technical brilliance in his depictions of ordinary people negotiating land and sea.

Your presenter, Pippa Drew, has a BFA from the University of Massachusetts, and in 1993 she received her Master of Arts in Liberal Studies from Dartmouth College with a thesis in painting. Suggested donation of \$3-\$5!



Green Burials

Wednesday, April 16 at 1:00 pm

Join Vermont Forest Cemetery for a showing of an award winning documentary on natural burial, "From Earth to Earth: The Lost Art of Dying in America." This 20 minute documentary describes the reemergence of natural burial as an eco-friendly alternative to current funeral practices and cremation through personal stories of some of its major proponents that led to the (re)legalization of natural burial and the founding of the first cemetery devoted entirely to natural burial in Vermont, and from people who have experienced the ways that natural burial can help with the grief of the death of loved ones and bring comfort to those facing their own deaths. The documentary will be followed by a Question and Answer session and time for personal discussions.



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



Arts & Crafts at Bugbee

Easter Card Making

Monday, April 14 at 1:00 pm

Let one of our Meals on Wheels homebound clients know that their community cares about them. Volunteer to make handmade cards for Easter. You can have fun tapping into your artistic side, plus you'll feel good knowing that you're making a difference in the lives of so many seniors in our community! Supplies are provided & no sign up is required!



Painting with Christine

Monday, April 21 at 1:00 pm

Christine of the Wandering Paint Brush is back for another great painting class! All levels of experience are encouraged to come. For anyone who has taken a class with Christine, you know it is Always FUN! Register in advance. \$25 fee covers instruction and all materials. Make check payable to Christine Traverson. Take home your very own Masterpiece. Contact Susan for more info: susan@bugbeecenter.org or at 802-295-9068.





Enjoy the company of friends via luxury charter bus to fabulous destinations around New England. Sign up today!

WED
JULY
9

Sister Act

New London Playhouse
\$130

Enjoy a delicious lunch at Lui Lui, followed by this fantastic play about a disco diva turned nun.
DEPART BUGBEE @ 11:00 am, RETURN @ 5:00 pm

WED
AUG
6

Mount Washington Cog Railway

\$130

Now's your chance to summit Mount Washington! Take the Cog to the top of the Mountain and have lunch at the base of the Mountain.
DEPART BUGBEE @ 7:30 am, RETURN @ 4:00 pm

WED
SEPT
10

Foster's Clambake

York, Maine
\$130

A fan favorite! On the way to lunch at noon, we'll stop at Nubble Light House. Walk off your big lunch on the beach at York!
DEPART BUGBEE @ 8:30 am, RETURN @ 4:00 pm

Deposit of 50% of cost of trip is required at time of sign up. Full, non-refundable payment is due six weeks before the trip date to secure your spot!

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

BUGBEE Mini Trips

Same fun as the regional trips with {mini} mileage! Let's explore some of the amazing and affordable sights right here in our own back yard. Carpooling encouraged, van transport available on some Mini Trips.

Fri
APR
18

Airport Tour

Lebanon Airport
Bring Cash for Lunch
Carpooling encouraged

Tour the Lebanon Airport including the control tower & terminal with lunch at Bright Side Brewery! Please note, there is a lot of walking up stairs on this trip.

DEPART BUGBEE @ 9:30 am, RETURN @ 1:30 pm

Thu
MAY
13

Greenhouse

Dartmouth in Hanover
Bring Cash for Lunch
Carpooling encouraged

Enjoy the beautiful Dartmouth Greenhouse with a guided tour. Bring your own cash for lunch at Molly's!

DEPART BUGBEE @ 9:45 am, RETURN @ 1:00 pm

Thu
JUN
26

Mini Golf

Fore-U
\$12 for Golf & Ice Cream
Carpooling encouraged

Mini-golf is fun, social, and a great activity to help maintain good balance

DEPART BUGBEE @ 12:45 pm, RETURN @ 3:00 pm

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

Updates & Requests

Tis the Season for Spring Cleaning!

Even though we have some exciting events coming up... we're already in December Craft Fair Mode! If you have any jewelry that you haven't worn in awhile and want to donate to a good cause, we are always accepting jewelry for the Holiday Craft Fair Jewelry Department. Nothing hot please.



Tai Chi is Back in Person!

Spring Tai Chi will be held at Bugbee Senior Center for the month of April. Starting in May, we'll be down at Lyman Point Park, practicing in the sun! If you're a beginner, bring some comfy shoes and join the 9:30 am session. For Advanced Tai Chi, join the crew at 10:40! Classes are \$3. No registration required! For more information, please email hello@bugbeecenter.org or call 802-295-9068.



Interested in Potatoes?

Our kitchen crew is seeking volunteers to help peel & cut potatoes! We serve over 80 Meals on Wheels clients in the morning, and another 40 in house at noon. This opportunity will require you to be up early on select days—when potatoes are on the menu. If this sounds interesting to you, please feel free to reach out to Susan at 802-295-9068 or susan@bugbeecenter.org.



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