GOOD LIVING SENIOR CENTER BULLETIN BOARD

Strawberry Shortcake Social

It is made with fresh picked 2019, lightly sugared Vermont strawberries served over one of Vanna's very special homemade biscuits. Then it is slathered with real hand-whipped heavy cream.
It is absolutely divine!
All you can eat too!!!
Coffee and Beverages served.
Donation: $5.00
All area folks are welcome

BUD STEVENS SINGING

July 16 12:30

A Karaoke Style Singing that is easy to sing-a-long with and fun to listen to. Come and Have Some Fun!!! No Charge

QUARTER BINGO

Every Monday at the Good Living Senior Cetner
1:00
Win Cash Prizes & Meal Site Tickets

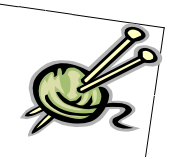
Golden Ball Tai Chi

Mondays
8:30 am and 6:00pm
Thursdays
8:30 am

At the Senior Center
All Seniors in the area are WELCOME! No Charge

In case of great weather it will be held in the park

KNIT WITS



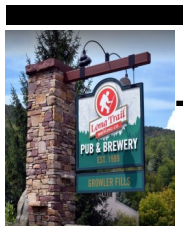
Every Wednesday at 10:00

Knit - Share Yarn - Tell Stories
Learn New Techniques
Join our Projects
Finish your Projects
Yarn Provided

SIP PEPPERMINT TEA WITH US
A Fun Time for All!! No Charge!
We have an expert to help you!

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont
748-8470 goodliving@vtlink.net



DON'T MIISS OUT ON THIS DAY TRIP

Lunch at

The Long Trail Pub

and a visit to the

Quechee Gorge Village Mall

July 25 at 9:00

Our luxury coach leaves the Center at 9:00 for the Long Trail Pub to have lunch at this scenic venue on the Appalachian Trail. Then we head to the Quechee Gorge Village. There are many unique stores here including places to buy ice cream, a huge antique store, toy museum, Cabot cheese store and much more. Vermont Spirits has a distillery and tasting room at the mall where we can take a tour.
There is something for everyone to enjoy!
Cost for the entire day - transportation and luncheon with tax and tip included is $32.00

See Flyer inside.

ATTENTION NEWSLETTER READERS

Do you want your newsletter from the Good Living Senior Center to be delivered to you via email??
Just email us at the office and we will start with the August newsletter.
It is convenient for you, it saves us paper and postage and it is even in color.
Do it TODAY

The Senior Center is open Monday through Thursday, with office hours between 9:30 a.m. and 3:30 p.m. The St. Johnsbury Senior Meal Site, our "sister" organization, also has its home at the St. Johnsbury House, serving delicious hot lunches and salad bar every weekday.
All area seniors are welcome to come for an any of our activities, events or day trips. Come visit - we think you will like what you see.

Call Us: 748-8470 Email us: goodliving@vtlink.net

On the Web — www.stjgoodliving.org