

GOOD LIVING SENIOR CENTER BULLETIN BOARD



Celebrate
National
Poetry Month
Tuesday April 9
2 to 3:30
At the Senior Center

Remembering Robert Frost

Northeast Storytellers presents this poetry and tea party event to discuss the life and times of beloved poet Robert Frost.

The event will be dedicated to the memory, poetic works and legacy of the longtime Vermont resident and poet laureate.

Share in the readings, reflections, history, anecdotes and experiences with Robert Frost and his works and legacy.

Refreshments will be served
No charge to attend - call for more info

Good Living Senior Center
1207 Main St. St. Johnsbury, Vermont
748-8470 goodliving@vtlink.net
Online: stgoodliving.org

**The March wind roars
Like a lion in the sky,
And makes us shiver
As it passes by.
But when winds are soft,
And the days warm and clear,
Just like a gentle lamb,
The spring is here.**

KNIT WITS 

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!

Every Wednesday at 10:00
Just come to the Center
We have an expert to help you!

 **GOLDEN BALL
TAI CHI**

Mondays and Thursdays
8:30 am

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

This is a wonderful activity
for the Winter


**Bud Stevens
Sing-a-Long**
Tuesday, March 19
12:30

Bud has a great
repertoire of music
Oldies, Country, Jazz,
Ballads, Elvis and MORE!
Come Join the FUN!
Requests Appreciated

**QUARTER
BINGO**

EVERY MONDAY AT THE
GOOD LIVING SENIOR CENTER
1:00

WIN CASH PRIZES &
MEAL SITE TICKETS
REFRESHMENTS SERVED





We have just mailed our Annual Appeal letter asking for donations from our community partners. We ask you to become part of providing the programs that give seniors something to look forward to, something they will enjoy doing and something they will warmly remember. Working together we can create new learning experiences, physical activities, unique day trips and 'good times' for all seniors in the area. The Good Living Senior Center is an important part of the lives of all seniors in the area and you, our community partners, are the key to it all.

Help make the Northeast Kingdom a great place to grow old!!

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 to 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