

GOOD LIVING SENIOR CENTER BULLETIN BOARD



Great News

Golden Ball Tai Chi has added a night class to its' schedule at the Senior Center.

Starting April 15th, in addition to the 8:30am Monday and Thursday classes there will also be a 6:00pm Monday night class for your convenience.

They look forward to seeing you at 6:00pm on Monday nights (after the 15th) and ask you come a few minutes early.

They are now having three classes every week. What a WONDERFUL IDEA!!!



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

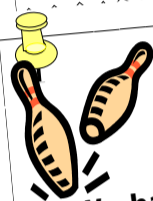
Good Living Senior Center
1207 Main St. St. Johnsbury, Vermont
748-8470 goodliving@vtlink.net
Online: stgoodliving.org

**I love the spring.
For every day
There's something new
That's come to stay.
Another bud
Another bird
Another blade
The sun has stirred.**



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!



Wii Bowling
April 12 & 26
at 1:00

We have a lot of fun bowling at the Center. It is great exercise and competitive as well!

Come and join us for good times on the two "alleys" we have set up.

Bud Stevens Sing-a-Long
Tuesday, April 16
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 you, 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.

If you haven't sent in your donation yet -
WHAT ARE YOU WAITING FOR!!!!!!!

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

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