

GOOD LIVING SENIOR CENTER BULLETIN BOARD



Comfort Food Luncheon Jan. 21 - 11:00

The Senior Meal Site is closed on Monday, January 21 and it seemed like the ideal time to cook a comfort food meal for you. Chef Vanna Guldenschuh will make a gourmet Farfalle and 4 Cheeses that is just perfect for a cold January day. Also on the menu will be fresh roasted vegetables and a green salad. Beverages and a very delicious homemade cake will top the meal off.

ALL YOU CAN EAT!!!!
Donation is \$7:50

This is a chance to have a fun and yummy time with your friends and family

All are welcome!

1207 Main Street St. Johnsbury, VT
802-748-8470
email: goodliving@vtlink.net

"No one ever regarded the First of January with indifference.

It is that from which all date their time, and count upon what is left.

It is the nativity of our common Adam."

- Charles Lamb

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, January 22
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

PEACE 2019 Friendship
GOOD LUCK PEACE 2019 Love Happiness
Satisfaction
2019 LOVE Money
Satisfaction
Wish you all the best HAPPY NEW YEAR
Love HEALTH
SUCCESS 2019

The Senior Center wishes all our friends a very Happy New Year
We invite everyone to join us in 2019 for an action packed agenda
Take a peak at some of our plans in this flyer!

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 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