

# GOOD LIVING SENIOR CENTER BULLETIN BOARD

Good Living Senior Center's  
**Best Yard Sale of the Season**



**Saturday  
 September 14  
 9:00 to 1:00**

**Held on the porch  
 and sidewalk of the  
 St. Johnsbury House  
 1207 Main St. - St. Johnsbury**

We will have a collection of **QUALITY**, lightly used merchandise. There are plenty of pots and pans, glassware, furniture and items that you won't be able to live without!

**Don't Miss Out!!!**

### Win our Raffle

For every \$5.00 you spend at the Sale we will give you a raffle ticket—Great prizes  
 The more you spend the better your chances of winning!!

All Proceeds Benefit the Center.  
 Call us for more info—748-8470



Don't Miss the  
**Lake Champlain  
 Luncheon Cruise**  
 September 26 - 9:00

Leave the Center on a luxury coach and enjoy the ride to the Burlington docks where we sail away from the ordinary on Vermont's largest floating restaurant and Cruise Ship-

### The Spirit of Ethan Allen

While we cruise the magnificence of Lake Champlain you will enjoy a full buffet lunch and an informative historical narration.

You can get more information on this wonderful cruise from the flyer in this newsletter or just call us at the Center - 748-8470

Cost for the entire day -  
 Transportation, Cruise and Luncheon - \$45.00

## Wii Bowling

**Sept. 5 and Sept. 19  
 1:00**

We have a lot of fun 'bowling' at the Center. Stop by and join us to have some fun and a lot of laughs!!!  
 It is good exercise too!!!



## GOLDEN BALL TAI CHI

**Mondays 8:30am & 6:00pm  
 Thursdays 8:30am**

At the Senior Center or weather permitting in the park  
 All Seniors in the area are WELCOME!

## Bud Stevens Sing-a-Long

**Tuesday Sept. 17  
 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 PM**

**WIN CASH PRIZES &  
 MEAL SITE TICKETS  
 REFRESHMENTS SERVED**



## ALL YOU CAN EAT!

**PANCAKE BREAKFAST  
 Saturday, September 14  
 8:00 to NOON**

In the Dining Room of the  
 St. Johnsbury House

Our sister organization, the St. Johnsbury Senior Meal Site/Meals on Wheels is hosting a Pancake Breakfast to fortify you for the Colors of the Kingdom Autumn Festival that day. Enjoy Maple Grove pancakes, Pete and Gerry's eggs, ham and a beverage.  
 In the St. Johnsbury House on Main St.  
 Your donation helps to feed our local seniors!!  
**Call Diane for more information 748-5467**



## Good Living Fall Gourmet Pasta Party

This delicious fundraiser for the Senior Center is coming up.  
**SAVE FRIDAY, OCTOBER 25** for this delicious fundraiser!!!!

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](mailto:goodliving@vtlink.net)

On the Web — [www.stjgoodliving.org](http://www.stjgoodliving.org)