

APRIL



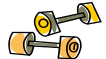







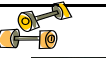































PO Box 162
1207 Main Street
St. Johnsbury, VT 05819

goodliving

SENIOR CENTER

2019

748-8470
email: goodliving@vtlink.net
website: stjgoodliving.org

MON	TUE	WED	THU	FRI
1 8:30 Golden Ball Tai Chi  1:00 Bingo 	2 9:00 Bone Builders 	3 10:00 Knit- Wits  1:00 Cribbage 	4 8:30 Golden Ball Tai Chi  1:00 W// Bowling 	5 9:00 Bone Builders 
8 8:30 Golden Ball Tai Chi  1:00 Bingo 	9 9:00 Bone Builders  2:00 - 3:30 Poetry Tea Party  Robert Frost Celebration  w/ the Northeast Storytellers Refreshments Served / No Charge	10 10:00 Knit- Wits  1:00 Cribbage 	11 8:30 Golden Ball Tai Chi  1:00 W// Bowling 	12 9:00 Bone Builders 
15 8:30 Golden Ball Tai Chi  6:00 pm Golden Ball Tai Chi 1:00 Bingo 	16 9:00 Bone Builders  <div style="background-color: #d3d3d3; padding: 5px; text-align: center;"> 12:30 - 1:30 BUD STEVENS Sing-a-long  </div>	17 10:00 Knit- Wits  1:00 Cribbage  1:30 Drawing Class with Ed Kadunc 	18 8:30 Golden Ball Tai Chi  1:00 W// Bowling 	19 9:00 Bone Builders 
22 8:30 Golden Ball Tai Chi  6:00 pm Golden Ball Tai Chi 1:00 Bingo 	23 9:00 Bone Builders 	24 10:00 Knit- Wits  1:00 Cribbage  1:30 Drawing Class with Ed Kadunc 	25 8:30 Golden Ball Tai Chi  1:00 W// Bowling 	26 9:00 Bone Builders 
29 8:00 to 9:00 Legislative Breakfast All are Welcome 8:30 Golden Ball Tai Chi  6:00 pm Golden Ball tai Chi 1:00 Bingo 	30 9:00 Bone Builders  1:30 Memoir Writing Class 	REMINDER Our annual fundraising letter was sent out in March. We rely on your generosity to run our activities and day trips and ensure GOOD LIVING for all our area seniors throughout the year. We have GREAT plans for 2019 If you haven't sent in your contribution yet- What are you waiting for?? DO IT TODAY - WE NEED YOU!!!!		REMEMBER All seniors in the Northeast Kingdom are welcome at the Good Living Senior Center for all activities, day trips, events, exercise classes and luncheon parties. 

ACTIVITIES CALENDAR

Phone: 748-8470

email: goodliving@vtlink.net

On the web: stjgoodliving.org