

JANUARY


goodliving

SENIOR CENTER

2019

PO Box 162
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St. Johnsbury, VT 05819

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

| MON | TUE | WED | THU | FRI |
|--|---|--|--|---|
| <p>SAVE THE DATE</p>  <p>January 21 11:00 to 1:00 COMFORT FOOD LUNCH See Inside Flyer for Details</p> | <p>1</p>  <p>CLOSED NEW YEARS DAY</p> | <p>2</p> <p>10:00 Knit- Wits </p> <p>1:00 Cribbage </p> | <p>3</p> <p>8:30 Golden Ball Tai Chi </p> <p> 1:00 W// Bowling</p> | <p>4</p> <p>9:00 Bone Builders </p> |
| <p>7</p> <p>8:30 Golden Ball Tai Chi </p> <p>1:00 Bingo </p> | <p>8</p> <p>9:00 Bone Builders </p> <p>2:00 Poetry Tea Party </p> | <p>9</p> <p>10:00 Knit- Wits </p> <p>1:00 Cribbage </p> | <p>10</p> <p>8:30 Golden Ball Tai Chi </p> | <p>11</p> <p>9:00 Bone Builders </p> |
| <p>14</p> <p>8:30 Golden Ball Tai Chi </p> <p>1:00 Bingo </p> | <p>15</p> <p>9:00 Bone Builders </p> | <p>16</p> <p>10:00 Knit- Wits </p> <p>1:00 Cribbage </p> | <p>17</p> <p>8:30 Golden Ball Tai Chi </p> <p> 1:00 W// Bowling</p> | <p>18</p> <p>9:00 Bone Builders </p> |
| <p>21</p> <p>8:30 Golden Ball Tai Chi </p>  <p>COMFORT FOOD LUNCHEON 11:00 TO 1:00 Just what you need on a January Day! See inside flyer for details!</p> <p>1:00 Bingo </p> | <p>22</p> <p>9:00 Bone Builders </p> <p>12:30 - 1:30 BUD STEVENS Sing-a-long </p> | <p>23</p> <p>10:00 Knit- Wits </p> <p>1:00 Cribbage </p> <p>1:30 Drawing Class with Ed Kadunc </p> | <p>24</p> <p>8:30 Golden Ball Tai Chi </p> | <p>25</p> <p>9:00 Bone Builders </p> |
| <p>28</p> <p>8:00 to 9:00 Legislative Breakfast Everyone is Welcome</p>  <p>8:30 Golden Ball Tai Chi </p> <p>1:00 Bingo </p> | <p>29</p> <p>9:00 Bone Builders </p> <p>1:30 Memoir Writing Class </p> | <p>30</p> <p>10:00 Knit- Wits </p> <p>1:00 Cribbage </p> <p>1:30 Drawing Class with Ed Kadunc </p> | <p>31</p> <p>8:30 Golden Ball Tai Chi </p> <p> 1:00 W// Bowling</p> | <p>REMEMBER</p> <p>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.</p> |

ACTIVITIES CALENDAR

Phone: 748-8470

email: goodliving@vtlink.net

On the web: stjgoodliving.org