

SEPTEMBER

















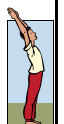




















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# goodliving

## SENIOR CENTER

2019

748-8470  
email: [goodliving@vtlink.net](mailto:goodliving@vtlink.net)  
website: [stjgoodliving.org](http://stjgoodliving.org)

MON	TUE	WED	THU	FRI	
<p><b>2</b></p> <p>8:30 Golden Ball Tai Chi 6:00 pm Golden Ball Tai Chi</p> <p>1:00 Bingo</p>  	<p><b>3</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> 	<p><b>4</b></p> <p>10:00 Knit- Wits</p> <p>1:00 Cribbage</p>  	<p><b>5</b></p> <p>8:30 Golden Ball Tai Chi</p> <p>1:00 Wii Bowling</p>  	<p><b>6</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> 	
<p><b>9</b></p> <p>8:30 Golden Ball Tai Chi 6:00 pm Golden Ball Tai Chi</p> <p>1:00 Bingo</p>  	<p><b>10</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> <p><b>2:00 Poetry Tea Party</b></p>  	<p><b>11</b></p> <p>10:00 Knit- Wits</p> <p>1:00 Cribbage</p>  	<p><b>12</b></p> <p>8:30 Golden Ball Tai Chi</p> 	<p><b>13</b></p> <p><b>Yard Sale</b> Saturday Sept. 14 9:00 to 1:00</p> 	
<p><b>16</b></p> <p>8:30 Golden Ball Tai Chi 6:00 pm Golden Ball Tai Chi</p> <p>1:00 Bingo</p>  	<p><b>17</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> <p><b>12:30 - 1:30 BUD STEVENS Sing-a-long</b></p>  	<p><b>18</b></p> <p>10:00 Knit- Wits</p> <p>1:00 Cribbage</p> <p>1:30 Drawing Class with Ed Kadunc</p>   	<p><b>19</b></p> <p>8:30 Golden Ball Tai Chi</p> <p>1:00 Wii Bowling</p>  	<p><b>20</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> 	
<p><b>23</b></p> <p>8:30 Golden Ball Tai Chi 6:00pm Golden Ball Tai Chi</p> <p>1:00 Bingo</p>  	<p><b>24</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> <p><b>1:30 Memoir Writing Class</b></p>  	<p><b>25</b></p> <p>10:00 Knit- Wits</p> <p>1:00 Cribbage</p> <p>1:30 Drawing Class with Ed Kadunc</p>   	<p><b>26</b></p> <p>8:30 Golden Ball Tai Chi</p> <p><b>9:00 Cruise Lake Champlain on The Spirit of Ethan Allen</b></p> <p>Enjoy this memorable cruise and delicious lunch on board with us while we cruise the magnificence of Lake Champlain. You will enjoy a full buffet lunch and historical narration.</p> 	<p><b>27</b></p> <p>9:00 Arthritis Foundation Exercise Program</p> 	
<p><b>30</b></p> <p>8:30 Golden Ball Tai Chi 6:00pm Golden Ball Tai Chi</p> <p>1:00 Bingo</p>  	<p><b>SAVE THESE DATES</b></p> <p>Saturday, September 14 at 9:00am <b>Best Yard Sale of the Season</b> Held in conjunction with the Colors of the Kingdom Festival. See flyer inside for more information!</p>		<p>Friday, October 25 at 5:00pm <b>The Senior Centers Gourmet Pasta Party</b> A Delicious Night!! See flyer inside for more info!</p>		<p><b>REMEMBER</b></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](mailto:goodliving@vtlink.net)

On the web: [stjgoodliving.org](http://stjgoodliving.org)