

# GOOD LIVING SENIOR CENTER BULLETIN BOARD



Carpool from the Center  
**August 7 at 9:30**

Tour this wonderful museum and marvel at the T.Rex named Sue, the most complete Tyrannosaurus Rex ever discovered.



Discover hands-on science and a world of new ideas when you visit the Montshire, one of the country's top science museums.



Lunch at the Lake Morey Resort on the way home. A beautiful way to relax in luxury after the museum - enjoy this beautiful lake and resort.  
 Cost for the day is \$30.00  
 Make your reservations today!  
 Call 748-8470

## MIDMORNING CONCERT




**NORTH COUNTRY RAMBLERS**  
**TUESDAY AUGUST 26**  
**10:30 AM**  
 COME AND TAP YOUR TOES WITH US!!



Summertime  
 And the living is easy  
 Fish are jumpin'  
 And the cotton is high -

George Gershwin and Dubose Heyward,  
 Porgy & Bess


**August Movie**  
 Tues. August 19 - 1:00  
**Saving Mr. Banks**  
 Tom Hanks  
 Emma Thompson  
 Watch in the comfort of the Center on our large screen TV. There is no charge  
 Popcorn will be served.



**Wii Bowling**  
 Every 2nd and 4th  
 Tuesday at 1:00  
 We have a lot of fun 'bowling' at the Center. We are trying to get a league of sorts together for the winter. Stop by and join us at the Center on these Tuesdays.

**GOLDEN BALL TAI CHI**  
 Mondays and Thursdays  
 8:30 am  
 At the Senior Center  
 All Seniors in the area are WELCOME!  
 No Charge



**QUARTER BINGO**  
 EVERY MONDAY AT THE  
 GOOD LIVING SENIOR CENTER  
 1:00  
**WIN CASH PRIZES & MEAL SITE TICKETS REFRESHMENTS SERVED**



**Join us for a Spot of Tea**  
**Perennial Pleasures Nursery & Tea Garden**  
**Thursday August 21**  
**Petit Cream Tea—\$12.00**

We will leave the Center at 10:00 for Perennial Pleasures in East Hardwick. VT for a walk through the gardens and an English Style Tea in the greenhouse. The gardens are a wonder and the tea is very civilized. We can even stop for ice cream on the way home.  
 Book NOW - Very Limited Space



Good Living Senior Center is a place where you can spend time with friends, share what you know and learn something new, join a discussion group, see a movie, take a Tai Chi or fitness class, play a game of bingo, bridge, or cribbage, attend a lecture, go on a trip, join in holiday celebrations and special events, and much more.

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 a salad bar every weekday. All area seniors are welcome to come for an activity and a nutritious meal and get a taste of the good living that goes on here!