

GOOD LIVING SENIOR CENTER BULLETIN BOARD

Winter Picnic

MONDAY, FEB. 18 - 11:00

Yes, we are having a picnic in February!
It is not outside in the cold though!
It is in the cozy dining room at the
Good Living Senior Center in the
St. Johnsbury House. The mealsite is closed
for Presidents day.

Chips and Dips
Hot Dogs * Hamburger Sliders
Homemade Baked Beans * Green Salad
Potato Salad * Pickles
Vanna's Famous Yellow Cake
with Ice Cream
Coffee * Hot Cocoa
And MORE!!!

This is a chance to have a fun and yummy
time with your friends and family

All from the community are welcome!
ALL YOU CAN EAT!!!!

Donation—\$8:00

All Proceeds benefit the Senior Center

Call or email us for more information

1207 Main Street St. Johnsbury, VT
802-748-8470
email: goodliving@vtlink.net

KNIT WITS

Knit - Share Yarn - Tell Stories
Learn New Techniques
Join our Projects
Finish your Projects
Yarn Provided

SIP PEPPERMINT TEA WITH US
A Fun Time for All!! No Charge!

Every Wednesday at 10:00
Just come to the Center
We have an expert to help you!



GOLDEN BALL TAI CHI

Mondays and Thursdays
8:30 am

At the Senior Center - All Seniors
in the area are WELCOME!
No Charge

This is a wonderful activity
for the Winter

Bud Stevens Sing-a-Long

Tuesday, Feb. 19
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

WIN CASH PRIZES &
MEAL SITE TICKETS
REFRESHMENTS SERVED



Let's Get Ready for Spring with a trip to the
Vermont Flower Show
With Lunch at the Historic
Charlmont Restaurant in Morrisville
Friday March 1 - 10:00

Our luxury coach leaves the Center at 10:00 am for the
Charlmont Restaurant for a full buffet luncheon and then
takes us to Essex Junction for the fabulous Vermont Flower
Show. It will be a fun packed day for us!

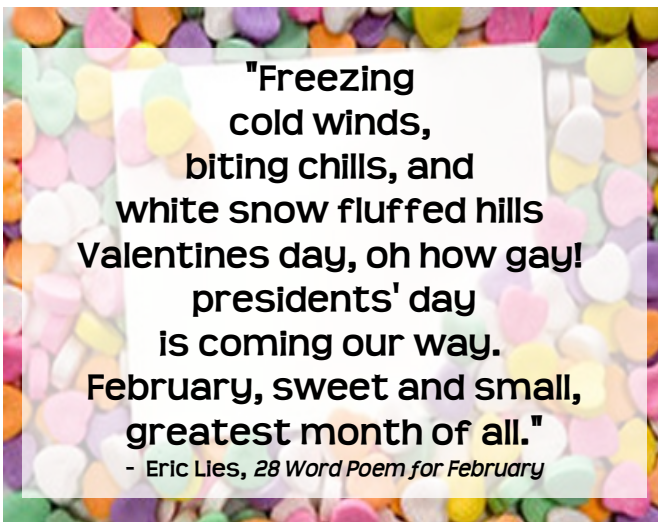
Cost for the day is \$35.00

This cost includes transportation, full luncheon and
admission to the show. It includes all taxes and tips.
See the flyer inside this newsletter for all the details!

It is a 'not to miss' first trip of the season!

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.



"Freezing
cold winds,
biting chills, and
white snow fluffed hills
Valentines day, oh how gay!
presidents' day
is coming our way.
February, sweet and small,
greatest month of all."

- Eric Lies, 28 Word Poem for February

Call Us: 748-8470

Email us: goodliving@vtlink.net

On the Web — www.stjgoodliving.org