

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPS: Take Off Pounds Sensibly For more information about the TOPS weight loss program, please call Barbara Patridge at 802-695-8852 					1 9:00 Arthritis Exercise	Senior Meals: Mon-Fri at 12:00 pm \$4.00 donation appreciated Call 802-748-5467 for more information 
	4 1:00 BINGO 	5 9:00 Arthritis Exercise 10:30 Bud Stevens  1:00 Mah Jongg 	6 1:00 Cribbage 	7 9:00 Tai Chi 6:00 TOPS Weight Loss	8 9:00 Arthritis Exercise 10:30 Book Club	
	11 1:00 BINGO 	12 9:00 Arthritis Exercise 1:00 Mah Jongg 	13 10:30 Crafting Buddies 12:00 Pasta Luncheon w/ Music from Craig Calkins 	14 9:00 Tai Chi 10:30 Hymn Sing  6:00 TOPS Weight Loss	15 9:00 Arthritis Exercise	
	18 1:00 BINGO 	19 9:00 Arthritis Exercise Foot Clinic 1:00 Mah Jongg  1:30 Memoir Writers	20 1:00 Cribbage 	21 9:00 Tai Chi 6:00 TOPS Weight Loss	22 9:00 Arthritis Exercise	
	25 1:00 SUPER BINGO BINGO!	26 9:00 Arthritis Exercise 1:00 Mah Jongg 	27 1:00 Cribbage 	28 9:00 Tai Chi 6:00 TOPS Weight Loss	29 9:00 Arthritis Exercise	



Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819
 802-748-8470 Goodliving@vtlink.com
 Kimberly White - Executive Director