

September Newsletter



Take some time to visit the Center and connect with friends. You could join one of our fitness classes, enjoy a musical performance, join us on a trip, have lunch at the meal site or just relax over a cup of coffee with new and/or old friends!

We hope to see you soon!

September is the month of transition from the heat of summer to the crisp cool air of autumn. September marks the beginning of the end of the year. This month we will enjoy the last day of summer (September 22nd) and we will turn our clocks backward to accommodate the changing light of the day. We will watch as the leaves begin to change color and offer our last beautiful show before they fall and wait to be covered by blankets of snow. Fall is the last vibrant breath and dance of nature before she tucks herself beneath the quiet of winter. September is when we both say goodbye to the wildness of summer days and open our arms to the beautiful comforts of fall.

Truly a month of Transitions!



September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY LABOR DAY	2 9:00 Arthritis Exercise 10:30 Bud Stevens Music 1:00 Mah Jongg	3 1:00 Cribbage	4 9:00 Tai Chi 6:00 TOPS Weight Loss	5 9:00 Arthritis Exercise
8 1:00 BINGO 	9 9:00 Arthritis Exercise 1:00 Mah Jongg	10 10:30 Crafting Buddies 1:00 Cribbage	11 9:00 Tai Chi 6:00 TOPS Weight Loss	12 9:00 Arthritis Exercise 10:30 Book Club "The Adventures of Huckleberry Finn" 1:00 Willie Edwards Music
15 1:00 BINGO 	16 9:00 Arthritis Exercise 1:00 Mah Jongg	17 1:00 Cribbage	18 9:00 Tai Chi 1:00 Apple Crisp Social 6:00 TOPS Weight Loss	19 9:00 Arthritis Exercise
22 1:00 BINGO 	23 Foot Clinic Day 9:00 Arthritis Exercise 1:00 Mah Jongg 1:30 Memoir Writers	24 1:00 Cribbage	25 9:00 Tai Chi 1:00 Music Trivia with Craig Calkins 6:00 TOPS Weight Loss	26 9:00 Arthritis Exercise
29 1:00 SUPER BINGO BINGO!	30 8:00 Fryeburg Fair Trip 9:00 Arthritis Exercise 1:00 Mah Jongg			

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-8470 Goodliving@vtlink.com

Kimberly White - Executive Director

Upcoming September Special Events & Activities



Bud Stevens

Tues., September 2nd at 10:30a.m.

Come sing along with Bud as he performs all your favorite country songs.



Crafting Buddies

Wed., September 10th at 10:30 a.m.

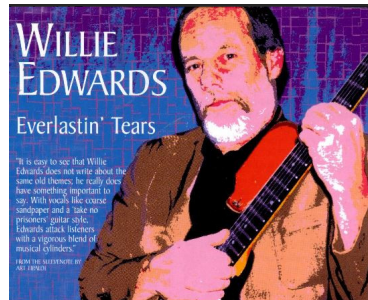
Let your creative juices flow while working alongside your fellow crafters. New craft each month!



Willie Edwards - Music

Friday, September 12th at 1:00 p.m.

We are honored to welcome guitarist, singer, song writer & recording artist Willie Edwards. Willie's songwriting and smokey vocals are what have set him apart from other Blues bands since the 60's.



Apple Crisp Social

Thurs., September 18th at 1:00 p.m..

Join us for fresh, hot, homemade apple crisp and enjoy socializing with new and old friends.



Foot Care Clinic

Tues., September 23rd -

Reservations required

Treat yourself to professional foot care offered by Bev Sinclair, RN



Music Trivia w/ Craig Calkins

Thurs., September 25th @ 1:00 p.m.

Come sing-along and test your musical knowledge as Craig plays a collection of your favorite tunes from the past!



LUXURY MOTORCOACH TRIP

to



TUESDAY, SEPTEMBER 30TH

8:00 am - Depart from St. Johnsbury House
8:15 am - Depart from St. J Park & Ride on Western Ave. (free parking)
10:15 am - Arrive at Fryeburg Fairgrounds
2:30 pm - Depart from Fryeburg Fairgrounds
4:25 pm - Arrive at St. J Park & Ride
4:40 pm - Arrive at St. Johnsbury House

\$40 per person - seats are limited - reserve your spot TODAY



802-748-8470

goodliving
SENIOR CENTER

goodliving@vtlink.net

Luxury Motorcoach Trip

Fryeburg Fair Day Trip

Tuesday, September 30th

Depart from St. Johnsbury on a restroom equipped Motorcoach for the famous Fryeburg Fair @ 8:00 am.

Enjoy Senior Day at the Fair and depart for home by 3:00 pm with memories of a fun filled adventure!

(Entry to the Fair Is FREE for all Seniors this day.)

Fee: \$40/person

(Due with reservation - non- refundable - limited seats available)

Call 802-748-8470 for more information

Foot Clinics

Bev Sinclair, RN, will be offering Foot Clinics on

Tuesday, September 23rd

Tuesday, October 21st

Tuesday, November 18th

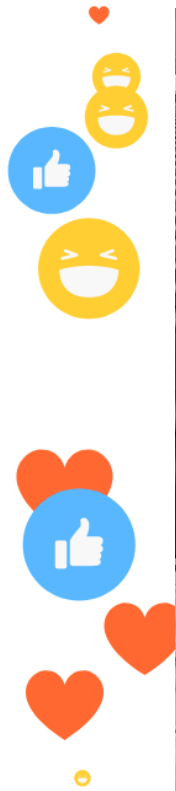
Tuesday, December 23rd.

Includes: Foot soak, nails trimmed, foot massage & wellness check.

Fee: \$40/visit

Call 802-748-8470 to reserve your appointment time

Amazing Seniors



Rita Pinard

Meet **Rita Pinard**, a lifelong resident of St. Johnsbury and Waterford, VT. She is a graduate of St. Johnsbury Academy - class of 1969! For the last 2+ years, she has resided at the historic St. Johnsbury House.

Rita states that her greatest achievement has been raising her wonderful daughter Melissa, as a single mom. She is over the moon proud of her lovely daughter, what a beautiful, successful woman she has become and of her 2 children, Colby and Molly.

Rita worked for St. Johnsbury Trucking Company for 24 years - until they closed. She loved her job and takes great pride in the relationships she developed with co-workers all along the east coast as a tracing clerk.

Rita loves arts & crafts - especially knitting and crocheting. She still enjoys teaching others to knit and crochet.

We are lucky to have Rita as this month's Amazing Senior!

SEPTEMBER

*September
national days
word search
printable
from Always
the Holidays*

S G U A C Y A D T O I R T A P
T E R Y A D R E N N I D V T I
Y A H A D E Y A D Y L I M A F
A K I D T Y A D T C E P S E R
D Y N S W I D C H A I D A Y Y
R A O R B A T M A N D A Y A A
E D D E E F U U K H E V Y D D
P U A M T F N S D G A F A L E
A K Y I H T A O A E F W D A E
R O M E A C E B S F D D O S F
C D I H N K P E H E A A R O F
S U D Z S M A R P R Y Y P O
Y S A L A M I D A Y L T G O C
K O Y A D E C A E P N E E R G
S C A R F D A Y K U R F I P Y

PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY



Passumpsic Bank

Scams to watch out for in 2025

Staying informed about fraud and scams can seem overwhelming, but the good news is, we're here to help!



Debt Collection

Calls from fake debt collectors making threats, including lawsuit, wage garnishment & arrest.

Most attempt to collect nonexistent debts and even make claims that utilities will be disconnected if payment is not made immediately.

NEVER pay a harassing collector over the phone; demand proof of the debt in writing and verify the debt with the original creditor! If you are concerned about possible disconnection, hang up and contact the vendor directly!



Stay Informed! To learn more, visit:

www.passumpsicbank.com/fraud-alerts

About Good Living Senior Center

Our mission is to develop, strengthen and provide services that support the health, dignity and independence of older adults living in our communities.

The 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, cribbage or Mah Jong, attend a lecture, go on a day trip, join in special events and much, much more.

It is conveniently located in the St. Johnsbury House on Main Street and ALL seniors in the NEK are welcome to attend any of the activities and trips offered at the Center. Call us or go online to learn more and sign up to receive a newsletter each month.



We urge you to come and enjoy all the good times we have. Make sure to bring a friend, a relative, or a neighbor.

When you donate to the Good Living Senior Center, you make it possible for older adults living throughout the Northeast Kingdom to use our programs and services for free or at low-cost. To donate by check, please mail to Good Living Senior Center, 1207 Main Street, St. Johnsbury, VT 05819. We appreciate your consideration and support!

This newsletter is made possible by Community Bank, NA & Passumpsic Savings Bank. Thank you!



Our organization is a 501(c)3 organization. Donations are tax-deductible to the extent allowed by law.