



September 2025



28

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

Good Living Senior Center

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Kimberly White - Executive Director