

October Newsletter



There's so much to love about the month of **October**. From the arrival of sweater weather to Halloween, it's one of the most popular months of the year.

But that's not all. In addition to all kinds of spooky festivals and cold-weather fun, there are plenty of October holidays and observances all month long.

Indigenous Peoples Day and **Columbus Day** are observed on the same day, the second Monday in October, but they represent fundamentally different perspectives on history and culture. Columbus Day is a federal national holiday for the United States as well as in Latin America and other countries. It commemorates Christopher Columbus' arrival in the Americas. Indigenous Peoples' Day, on the other hand, is a national holiday which is to celebrate Native American customs and heritage.

Indigenous Peoples' Day and Columbus Day have a shared history that includes their rich and enduring cultures and acts of institutional oppression and genocide.

While the debate seems to be ongoing as to which holiday should take precedence.

Take this opportunity to view some history, celebrate culture and be appreciative for this great human experience we all have!

Breast Cancer Awareness month is observed in the month of October and aims to raise awareness about breast cancer, promote screening, and support those affected by the disease. Breast cancer is a serious issue that affects both women and men. The month is characterized by various campaigns, events, and activities designed to engage communities and encourage proactive health measures.



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!

October is a great month to get involved and take action – both for yourself and others!

1207 Main St., St. Johnsbury, VT 05819 | 802-748-8470 | goodliving@vtlink.net | stjgoodliving.org



October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 6 12:30 Medicare Fraud Information 1:00 BINGO 13 Center is Closed! 20 1:00 BINGO 27 1:00 SUPER BINGO BINGO!		1 1:00 Cribbage 8 10:30 Crafting Buddies 1:00 Cribbage 15 1:00 Cribbage 22 10:30 Crafting Buddies 1:00 Cribbage 29 9:00 - 3:00 Medicare Open-Enrollment Fair 1:00 Cribbage 	2 9:00 Tai Chi 11:00 Fraud Talk w/ Passumpsic Bank 1:00 Vicki Moore Music 6:00 TOPS Weight Loss 9 9:00 Tai Chi 6:00 TOPS Weight Loss 16 9:00 Tai Chi 10:30 Old-Fashioned Hymn Sing 6:00 TOPS Weight Loss 23 9:00 Tai Chi 1:00 Barry Hayes Music 6:00 TOPS Weight Loss 30 1:00 Pumpkin Social Pumpkin flavored treats!	3 9:00 Arthritis Exercise 10 9:00 Arthritis Exercise 10:30 Book Club <i>The Secret Life of Sunflowers</i> by Ruta Muraw 17 9:00 Arthritis Exercise 24 9:00 Arthritis Exercise 31 9:00 Arthritis Exercise HAPPY HALLOWEEN
	7 9:00 Arthritis Exercise 10:30 Bud Stevens Music 1:00 Mah Jongg 14 9:00 Arthritis Exercise 1:00 Mah Jongg 			
	21 Foot Clinic Day - reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 1:30 Memoir Writers			
	28 9:00 Arthritis Exercise 1:00 Mah Jongg 			

Good Living Senior Center

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

Upcoming October Special Events & Activities



Fraud Talk w/ Passumpsic Bank

Thurs., October 2nd at 11:00 a.m.
Learn about the latest frauds perpetrated on seniors and how to protect yourself.



Vicki Moore

Thurs., October 2nd at 1:00 p.m.
Enjoy singing along with Vicki to some of your favorite songs



Medicare Fraud Protection

Mon., October 6th at 12:30 p.m.
Learn how to protect yourself against Medicare fraud.



Bud Stevens

Tues., October 7th at 10:30 a.m.
Listen as Bud performs all your favorite country songs.



Crafting Buddies

Wed., October 8th & 22nd at 10:30 a.m.
Let your creative juices flow while working alongside your fellow crafters. New craft each month!



Book Club

Friday, October 10th at 10:30 a.m.
The Secret Life of Sunflowers by Marta Molnar - copies of the book are available at the Athenaeum



Old-Fashioned Hymn Sing

Thurs., October 16th at 10:30 a.m.
Come sing your favorite Hymns accompanied by Deb Hampson on the piano.



Foot Care Clinic

Tues., October 21st
Reservations required \$40 fee
Treat yourself to professional foot care offered by Bev Sinclair, RN



Memoir Writers

Tues., October 21st at 1:30 p.m.
Learn how to document your "memoirs" in a safe, supportive environment.



Upcoming October Special Events & Activities (continued)



Line Dancing

Weds., October 22nd at 2:00 p.m.

Come enjoy a line dancing demonstration from “Lines & Vines”, a local line dancing group.



Music w/ Barry Hayes

Thurs., October 23rd @ 1:00 p.m.

Come sing along to all your old time favorites!



Pumpkin Social

Thurs., October 30th @ 1:00 p.m.

Join us for some *decadent* **Pumpkin Treats** (everything pumpkin & spice!) and enjoy socializing with new and old friends. *Cost by donation* to help support our continued activities!



Medicare Open Enrollment Clinic

Get free, unbiased help reviewing your plan options for 2025. Our trained counselors will answer your questions and guide you through enrollment.



St. Johnsbury
Wednesday, October 29
St. Johnsbury House –
Dining Room
9:00 – 11:30 AM and
12:30 – 3:00 PM

St. Johnsbury
Friday, October 31
NVRH Conference
Room 126/127
10:00 AM – 3:00 PM

**No
Appointments!**

First Come, First Served

Newport
Wednesday, November 5
North Country Hospital
– Downstairs Conference
Room
10:00 AM – 3:00 PM

Newport
Monday, November 10
North Country
Hospital – Downstairs
Conference Room
10:00 AM – 3:00 PM

What to Bring: Medicare card, a list of your current prescriptions (including the name, dosage, and frequency).

For more information, please call our helpline. 1-800-642-5119 or email info@nekcouncil.org



Amazing Seniors



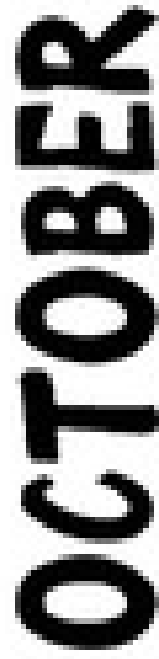
Beverly Lane

Meet Beverly (Bev) Lane, this month's Amazing Senior!

Bev was born and raised in the Northeast Kingdom of Vermont, where she has resided for all but 2 years of her life. As a newlywed, she moved with her husband, Henry, to Alaska for a couple of years. Her oldest son, David was born in Alaska. Her 2nd son, Danny, was born in Vermont once they returned. For the past 2+ years, she's been a happy resident of the St. Johnsbury House.

Bev is a proud graduate of Lyndon Institute, Class of 1952! Bev states that she worked for Sears for approximately 29 years here in St. Johnsbury. Many will remember her from there- she's the one with the friendly, sparkly personality! Since retiring, she enjoys knitting & crocheting, watching sports - she's a big baseball (Red Sox) and little league fan, and spending time with her family.

We are proud to know Bev and honor her as this month's Amazing Senior!



BATS	CREEPY	NIGHT	PUMPKINS
BLACK CAT	FULL MOON	ORANGE	SCARED
CANDY	HAUNTED HOUSE	PARTY	SEEDS
COSTUME	JACK-O-LANTERN	POTION	TRICK OR TREAT



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.