



October 2025



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

Good Living Senior Center

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Kimberly White - Executive Director