

December 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!

December is a crucial month for addressing mental health, focusing on seasonal depression, holiday stress, and self-care strategies to promote well-being during the festive season.

The holiday season can be a time of celebration, but it can also bring added stress and strain on mental health. Here are some strategies to support mental health during the holiday season:

- **Practice gratitude:** Gratitude can reduce stress and improve overall well-being. Create a gratitude jar or journal to reflect on positive experiences.
- **Acknowledge your feelings:** It's okay to feel different emotions during the holidays. Use an emotional checklist or journal to identify and express your feelings.
- **Set boundaries:** Prioritize activities and commitments that matter to you and let go of the pressure to say "yes" to everything.
- **Volunteer:** Helping others can improve your own mental health by releasing feel-good chemicals like serotonin and dopamine.
- **Seek support:** Reach out to friends, family, or a mental health professional for support during the holiday season. By incorporating these strategies, individuals can navigate the holiday season with a focus on mental well-being and reduce the impact of stress and anxiety.

Taking care of yourself doesn't mean 'me first', it means 'me too'.



December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 1:00 BINGO 	2 9:00 Arthritis Exercise 10:30 Music with Bud Stevens 1:00 Mah Jongg 	3 1:00 Cribbage 	4 9:00 Tai Chi 6:00 TOPS Weight Loss	5 9:00 Arthritis Exercise 6:00 Game Night
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 1:00 Music with Vicki Moore 6:00 TOPS Weight Loss	12 9:00 Arthritis Exercise 10:30 Book Club <i>The Christmas Train</i> by David Baldacci 6:00 Game Night
15 1:00 BINGO 	16 9:00 Arthritis Exercise 1:00 Mah Jongg 	17 10:30 Paint & Sip Coffee & Cake Version 1:00 Cribbage 	18 9:00 Tai Chi 1:00 Christmas Caroling with Deb Hampson 6:00 TOPS Weight Loss	19 9:00 Arthritis Exercise 6:00 Game Night
22 1:00 BINGO 	23 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	24 10:30 Crafting Buddies 1:00 Cribbage 	25 Center is Closed! 	26 Center is Closed!  6:00 Game Night
29 1:00 SUPER BINGO BINGO!	30 9:00 Arthritis Exercise 1:00 Mah Jongg  1:30 Memoir Writers	31 1:00 Cribbage 	Happy New Year! 	

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-0470 GoodLiving@vtlink.com

Kimberly White - Executive Director

Upcoming December Special Events & Activities



Bud Stevens

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

Listen as Bud performs all your favorite country songs.



Crafting Buddies

Wed., Dec. 10th & 24th at 10:30 a.m.

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



Music with Vicki Moore

Thurs., Dec. 11th at 1:00 p.m.

Enjoy the unique, beautiful music of Vicki Moore and sing along!



Book Club

Friday, Dec. 12th at 10:30 a.m.

The Christmas Train by David Baldacci

Copies of the book are available at the Athenaeum.



Paint & Sip - Coffee & Cake version

Weds., Dec. 17th at 1:00 p.m.

Let your creativity show as you "paint" your own piece of cake to take home - No special talent required - they will ALL be masterpieces!



Christmas Caroling with Deb Hampson

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

Come lend your voice to your favorite Christmas Carols.



Foot Care Clinic

Tues., December 23rd

*Reservations required -
call 748-8470*

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



Join Us!



Saturday, December 13th

Jean's Playhouse in Lincoln, NH

Depart the St. Johnsbury House @ 12:45 pm
via handicap accessible bus

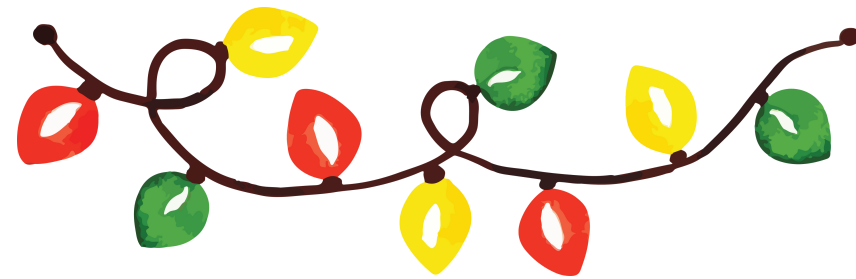
\$45/person

(includes show ticket + transportation)



Only 20 seats available
Reserve your seat **now!**
802-473-8933
Payment due in advance

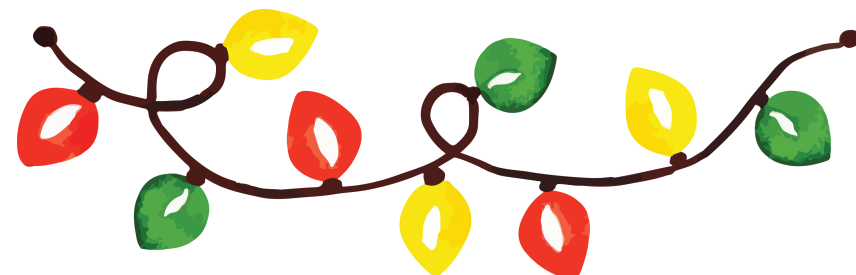
goodliving
SENIOR CENTER



Lessons from a Christmas tree



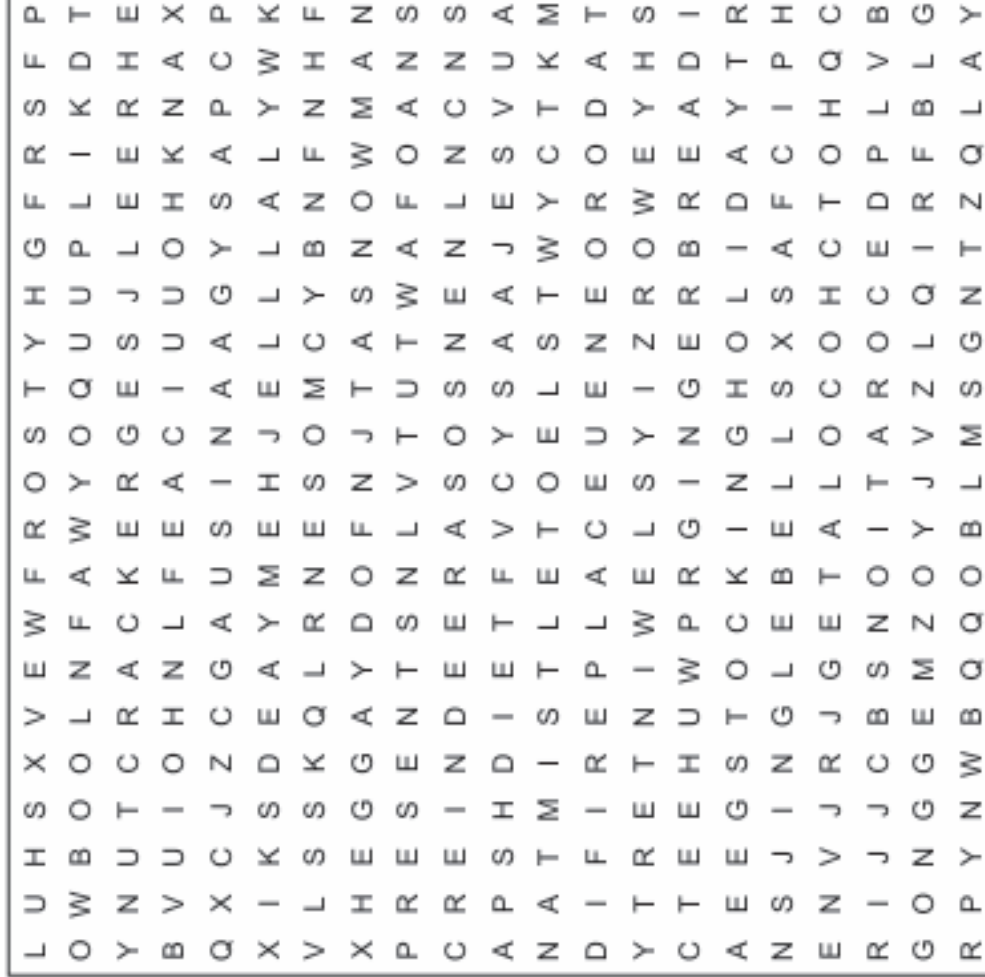
- Be a light in the darkness.
- It's okay to fall over sometimes.
- Bring joy to those around you.
- Sparkle and twinkle whenever you can.
- And remember, it's perfectly fine to be a little tilted.



December

CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANNUKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



Amazing Senior

Meet this month's Amazing Senior, Pauline Roy.

Pauline describes herself as a “city girl that now lives in the country”! She is well known for her exquisite taste in clothes and is always well dressed. No blue jeans for her!

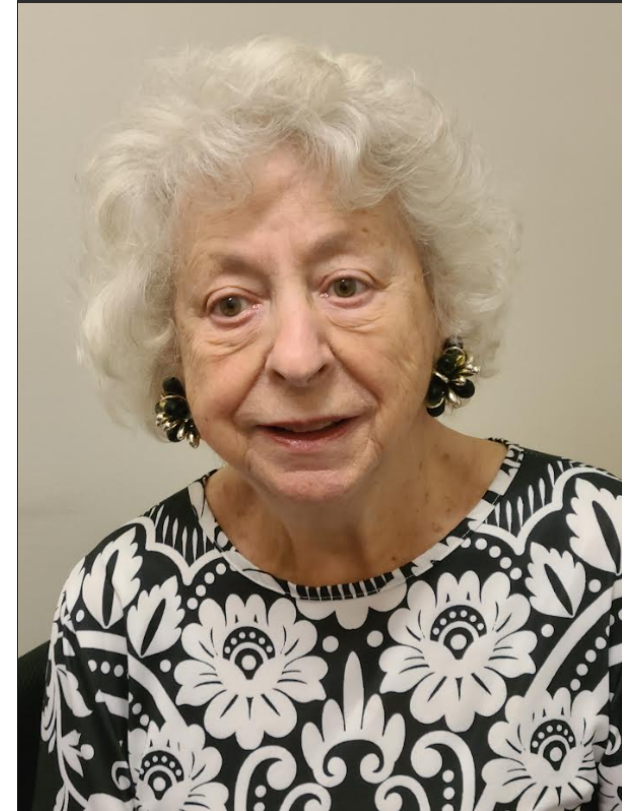
Pauline states that she moved with her husband to Jefferson, NH in 1970. Her husband was a building contractor, and he built their beautiful A-frame house himself. She immersed herself in community events and organizations as a way to meet people and be a part of her new community. Her favorite job was that of secretary to the principal at White Mountain Regional High School. She loved working with the students and cherishes those memories.

She has one son, Ron, who is her pride and joy. She states that she definitely won the “son” lottery – He treats her like a queen!

After years of traveling to Florida during the winter months, Pauline and her husband decided to sell their beautiful home and move to Florida permanently in 1998. They spent six wonderful years there together before her husband passed away.

A little over 8 years ago, her son and his partner Laura convinced Pauline that it was time to leave Florida and move closer to family. He suggested moving to the St. Johnsbury House. She laughs and says that she, “thought it was only for old people.” She states that she loves the independent living within a wonderful community of friends in the beautiful, historic building. Pauline’s failing eyesight has inhibited her ability to participate in some of the activities she loved in the past, but her spirit remains strong. She states that she looks forward to everyday and feels so blessed.

We are fortunate to welcome Pauline as this month's Amazing Senior!



Pauline Roy



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.