

November Newsletter



Did you know that November is National Gratitude month? This month serves as a reminder to practice gratitude and uplift those around us.

Isn't it amazing how something as simple as gratitude can give new meaning to life? Research states that those that practice gratitude every single day are not only happier but also healthier. Gratitude has been proven to generate a positive impact on psychological, physical, and personal wellbeing. Being always grateful does not mean that one would deny the fact that negative things happen in life; it means finding and focusing more on the good. It means finding something to be grateful for amid the preponderance of bitterness and hardship.

Practicing gratitude or reflecting on what you're grateful for is an effective way to deal with life's chaotic, stressful and tense moments. Grateful people tend to sleep better, have lower stress levels, exercise more often, and eat healthier.

So, take a moment to reflect on what you have to be grateful for and celebrate your life with gratitude!

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!

November is a great month to get involved and to embrace the power of gratitude. What are you waiting for? Give it a try!

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



November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1:00 BINGO 	9:00 Arthritis Exercise 10:30 Music with Bud Stevens 1:00 Mah Jongg	1:00 Cribbage 	9:00 Tai Chi 6:00 TOPS Weight Loss	9:00 Arthritis Exercise 6:00 Game Night
1:00 BINGO 	9:00 Arthritis Exercise 1:00 Mah Jongg	10:30 Crafting Buddies 1:00 Music - Kingdom Mountain Dulcimers 1:00 Cribbage	9:00 Tai Chi 1:00 Sing-Along with Deb Hampson 6:00 TOPS Weight Loss	9:00 Arthritis Exercise 10:30 Book Club Intermezzo by Sally Rooney 1:00 Music with Willie Edward 6:00 Game Night
1:00 BINGO 	9:00 Arthritis Exercise 1:00 Mah Jongg	1:00 Cribbage 	9:00 Tai Chi 1:00 Music with Barry Hayes 6:00 TOPS Weight Loss	9:00 Arthritis Exercise 6:00 Game Night
1:00 SUPER BINGO BINGO!	9:00 Arthritis Exercise 1:00 Mah Jongg 1:30 Memoir Writers	10:30 Crafting Buddies 1:00 Cribbage	Center is Closed! 	9:00 Arthritis Exercise 6:00 Game Night

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-0479 GoodLiving@villak.com

Kimberly White - Executive Director

Upcoming November Special Events & Activities

Bud Stevens

Tues., Nov. 4th at 10:30 a.m.

Listen as Bud performs all your favorite country songs.



Crafting Buddies

Wed., Nov. 12th & 26th at 10:30 a.m.

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



Kingdom Mountain Dulcimers

Wed., Nov. 12th at 1:00 p.m.

Enjoy the unique, beautiful music made by the Kingdom Mountain Dulcimer group.



Old-Fashioned Sing-Along

Thurs., Nov. 13th at 1:00 p.m.

Lend your voice to your favorite tunes accompanied by Deb Hampson.



Book Club

Friday, Nov., 14th at 10:30 a.m.

Intermezzo by Sally Rooney-
copies of the book are available at
the Athenaeum



Willie Edwards

Friday, Nov., 14th at 1:00 p.m.

Enjoy the musical stylings of
recording artist Willie Edwards.



Foot Care Clinic

Tues., November 18th

*Reservations required -
call 748-8470*

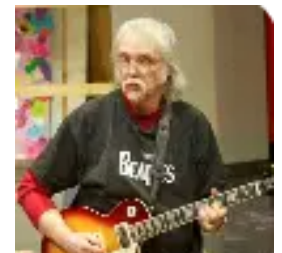
Treat yourself to professional foot
care offered by Bev Sinclair, RN



Barry Hayes

Thurs., Nov., 20th at 1:00 p.m.

Enjoy the musical stylings of
Barry Hayes as he accompanies
himself on the guitar.



More November Special Events & Activities

Memoir Writers

Tues., Nov., 25th at 1:30 p.m.

Learn how to document your “memoirs” in a safe, supportive environment.



Thanksgiving

Thurs., Nov., 27th

The center is CLOSED.

Enjoy the day with your family and friends. Happy Thanksgiving!



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!

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Phoney Prizes, Lotteries and Sweeps

These scams usually start with a phone call or mailing, claiming that you won money or a prize, but have to make a payment in order to receive it.

Sometimes realistic-looking fake checks are used to entice the victims and claim to cover a portion of the fees. The check bounces and no “winnings” are ever dispersed.

NEVER pay upfront to receive winnings!
If you win something, they should pay you, not the other way around!



Stay Informed! To learn more, visit:

www.passumpsicbank.com/fraud-alerts

Name: _____

Date: _____



NOVEMBER



Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUTUMN

BLACK FRIDAY

CHRYSANTHEMUMS

CINNAMON

CORNUCOPIA

CRANBERRY

CYBER MONDAY

DAYLIGHT SAVING

ELECTION

FAMILY

FIREPLACE

FOOTBALL

FRIENDSGIVING

GRATITUDE

HARVEST

HOT CIDER

NATIVE AMERICANS

PECAN PIE

PILGRIMS

POTATOES

PUMPKIN PIE

SCARVES

SCORPIO

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

STUFFING

SWEATERS

SWEET POTATOES

THANKSGIVING

TOPAZ

TURKEY

VETERANS DAY



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.