



HELLO *January*

A new year begins with
endless possibilities

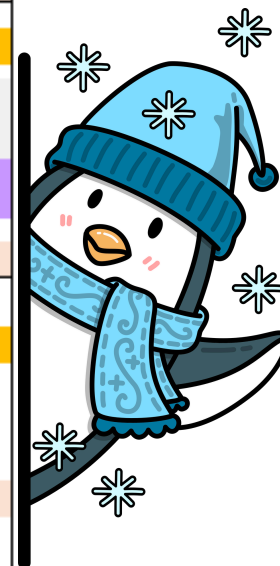




January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center Closed 	2 9:00 Arthritis Exercise 6:00 Game Night
5 1:00 BINGO 	6 9:00 Arthritis Exercise 10:30 Music with Bud Stevens 1:00 Mah Jongg 	7 1:00 Cribbage 	8 9:00 Tai Chi 1:00 Music with Barry Hayes 6:00 TOPS Weight Loss	9 9:00 Arthritis Exercise 10:30 Book Club Her Last Flight by Beatrix Williams 1:00 Music with Willie Edwards 6:00 Game Night
12 1:00 BINGO 	13 9:00 Arthritis Exercise 11:30 Fraud Talk with Passumpsic Bank 1:00 Mah Jongg 	14 10:30 Crafting Buddies 1:00 Cribbage 	15 9:00 Tai Chi 1:00 Home Share VT FREE Presentation 6:00 TOPS Weight Loss	16 9:00 Arthritis Exercise 6:00 Game Night
19 1:00 BINGO 	20 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg 	21 1:00 Cribbage 	22 9:00 Tai Chi 10:30 Music with DebHampson 6:00 TOPS Weight Loss	23 6:00 Game Night
26 1:00 SUPER BINGO BINGO!	27 9:00 Arthritis Exercise 10:30 Dance Performance with Quahog Dance 1:00 Mah Jongg 	28 1:00 Cribbage 	29 9:00 Tai Chi 6:00 TOPS Weight Loss	30 6:00 Game Night



Upcoming January Special Events & Activities



Bud Stevens

Tues., Jan 6th at 10:30 a.m.

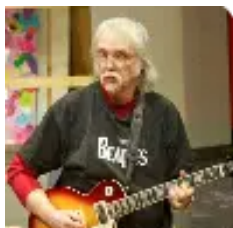
Listen as Bud performs all your favorite country songs.



Music with Barry Hayes

Thurs. Jan 8th at 1:00 p.m.

Enjoy the musical stylings of Barry and his guitar.



Book Club

Friday, Jan 9th at 10:30 a.m.

Her last flight by Beatrix Williams
Copies of the book are available at the Athenaeum.



Music with Willie Edwards & Friends

Fri., Jan 9th at 1:00 p.m.

Enjoy all your favorite Blues tunes played by recording artist Willie Edwards accompanied by his talented friends.



Fraud Talk with Passumpsic Bank

Tues., Jan 13th at 11:30 a.m.

Learn how to protect yourself from the latest scams targeting seniors.



Crafting Buddies

Wed., Jan 14th at 10:30 a.m.

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



Foot Care Clinic

Tues., January 20th

*Reservations required -
call 748-8470*

Treat yourself to professional foot care offered by Bev Sinclair, RN
\$40 fee



MORE January Special Events

Music with Deb Hampson

Thurs. Jan 22nd at 1:00 p.m.

Sing along with Deb Hampson as she plays some of your favorite songs.



Quahog Dance Performance

Tues. Jan 27th at 1:00 p.m.

The Quahog Dance Program offers a unique opportunity for seniors to engage in a fun and social environment while improving their physical fitness,



HomeShare Vermont Open House

Thurs. Jan 15th, 1:00 to 3:00 p.m.

HomeShare Vermont has expanded into all of the Northeast Kingdom - Caledonia, Orleans and Essex Counties - through a partnership with the Northeast Kingdom Council on Aging. They are offering the opportunity for you to learn more about the screening and matching service they provide to create compatible matches.

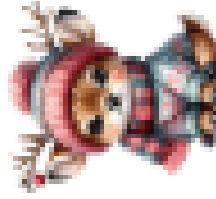
This is an outstanding opportunity to meet staff members, learn about their process and what the next steps are to becoming a homeshare host or guest.

home
sweet
home





JANUARY



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.

ARCTIC

BOOTS

COLD

CONSTITUTION

FIREPLACE

FROST

GYM MEMBERSHIP

ILIT

HEALTHY LIFESTYLE

HOT COCOA

ICE

ICICLE

INAUGURATION

JACKET

JANUARY BLUES

JANUARY SALES

MARTIN LUTHER

KING JR.

MITTENS

NEW YEAR

PENGUIN

POLAR BEAR

PRESIDENT

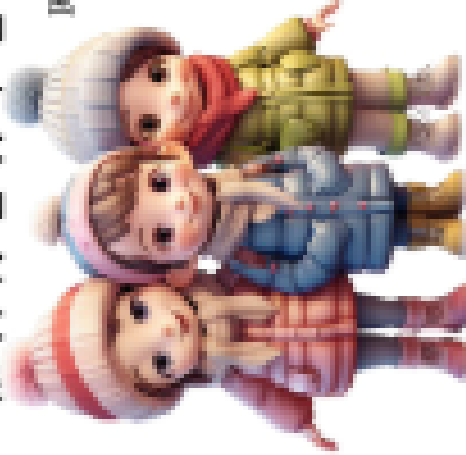
C L Z H P I H S R E B M E M M Y G D J
R Y T Q B L C O L D U N A J K N Q P K
J S E U L B Y R A T I K S T I A N O E
G P T G N I X V H L I T B G D U R L Y
N H T K P J N E H F C Y V N E U R T S
I F N Q A S L W D N I A O I A L P I L R I
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A L Q H Y T P E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

RESOLUTION

SCARF

SKATING

SKIING



SLEDDING

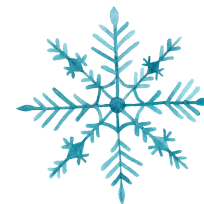
SNOW

SNOWMAN

WINTER



Amazing Senior



Meet this month's Amazing Senior, Ginger Magoon.

Ginger was born and raised in St. Johnsbury, Vermont. She is a proud graduate of St. Johnsbury Academy. She married Dick Magoon in 1958 and together they raised 3 lovely daughters.

Ginger and Dick went into the restaurant business. together they owned and ran the Shamrock Restaurant in St. Johnsbury Center for approximately 27 years. Ginger reports that the restaurant evolved and changed with the times. At one point, they had a miniature golf course at one end of their parking lot. Occasionally, they would have live music at the restaurant. At one point they even employed "car hops" to serve food to people in their cars. The Shamrock was well known and well respected for good food and great service!

Ginger reports that they lived just across the street from the restaurant, enabling her to raise her family while also running a busy business.

After selling the business, Ginger and he husband started wintering in the south and working part-time jobs the remaining months in Vermont. Ginger states that her husband passed away in 2001. She is now a happy resident at the St. Johnsbury House and still spends time enjoying the sun and warmer temperatures vacationing with family in Florida.

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



Virginia "Ginger"
Magoon





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.