



# 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
		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
		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
		26 1:00 SUPER BINGO <b>BINGO!</b>	27 9:00 Arthritis Exercise 10:30 Dance Performance with Quahog Dance 1:00 Mah Jongg 1:30 Memoir Writers	28 1:00 Cribbage 	29 9:00 Tai Chi  6:00 TOPS Weight Loss
					30 6:00 Game Night
<b>Good Living Senior Center</b> 1207 Main St. St. Johnsbury, Vermont 05819 802-748-8470 Goodliving@vtlink.com Kimberly White - Executive Director					