

January 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
				
				
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	2 9:00 Arthritis Exercise 6:00 Game Night 9:00 Arthritis Exercise 10:30 Book Club <i>Her Last Flight</i> 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 DebHompson  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  1:30 Memoir Writers	28 1:00 Cribbage 	29 9:00 Tai Chi 6:00 TOPS Weight Loss	30 6:00 Game Night
Good Living Senior Center 1207 Main St. St. Johnsbury, Vermont 05819 802-748-8470 Goodliving@vtlink.com Kimberly White - Executive Director				