



Hello!

February

Hello to the month of love and
quiet winter moments.



goodliving
SENIOR CENTER

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



February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>1:00 BINGO</p> 	<p>3</p> <p>9:00 Arthritis Exercise</p> <p>10:30 Music with Bud Stevens</p> <p>1:00 Mah Jongg</p> 	<p>4</p> <p>1:00 Cribbage</p> 	<p>5</p> <p>9:00 Tai Chi</p> <p>11:30 Flu Talk by VT Dept. of Health</p> <p>6:00 TOPS Weight Loss</p>	<p>6</p> <p>9:00 Arthritis Exercise</p> <p>6:00 Game Night</p>
<p>9</p> <p>1:00 BINGO</p> 	<p>10</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 	<p>11</p> <p>10:30 Crafting Buddies</p> <p>1:00 Cribbage</p> 	<p>12</p> <p>9:00 Tai Chi</p> <p>1:00 Valentine Social Cost by Donation</p> <p>6:00 TOPS Weight Loss</p>	<p>13</p> <p>9:00 Arthritis Exercise</p> <p>10:30 Book Club <i>Democracy Awakening</i> by Heather Cox Richardson</p> <p>6:00 Game Night</p>
<p>16</p> <p>1:00 BINGO</p> 	<p>17</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p> 	<p>18</p> <p>1:00 Cribbage</p> 	<p>19</p> <p>9:00 Tai Chi</p> <p>1:00 Music with DebHampson</p> <p>6:00 TOPS Weight Loss</p>	<p>20</p> <p>6:00 Game Night</p>
<p>23</p> <p>11:30 Telehealth Fraud Info Session</p> <p>1:00 SUPER BINGO</p> <p>BINGO!</p>	<p>24</p> <p>Foot Clinic Day-reservation required</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg</p>  <p>1:30 Memoir Writers</p>	<p>25</p> <p>10:30 Fiber Buddies</p> <p>1:00 Cribbage</p> 	<p>26</p> <p>9:00 Tai Chi</p> <p>1:00 Music with Vicki Moore</p> <p>6:00 TOPS Weight Loss</p>	<p>27</p> <p>6:00 Game Night</p>

Good Living Senior Center
 1207 Main St. St. Johnsbury, Vermont 05819
 802-748-8470 Goodliving@vtlink.com
 Kimberly White - Executive Director

Upcoming February Special Events & Activities

Bud Stevens

Tues., Feb 3rd at 10:30 a.m.

Listen as Bud performs all your favorite country songs.



Flu Talk by VT Dept of Health

Thurs., Feb. 5th at 11:30 a.m.

Come learn from our local VT Public Health Nurse about the Flu and what you can do to avoid and/or lessen the effects.



Crafting Buddies

Wed., Feb., 11th at 10:30 a.m.

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



Valentine Social

Thurs., Feb. 12th at 1:00 p.m.

Come enjoy meeting old and new friends while indulging in some decadent homemade Valentine treats. (cost by donation)



Book Club

Friday, Feb. 13th at 10:30 a.m.

Democracy Awakening by

Heather Cox Richardson

Copies of the book are available at the Athenaeum.



Music with Deb Hampson & Friends

Thurs. Feb. 19th at 1:00 p.m.

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



Telehealth Fraud

Thurs., Feb. 5th at 11:30 a.m.

Learn how to protect yourself from the latest fraud perpetrated against older adults in our communities.



More Special Events & Activities

Fiber Buddies

Wed., Feb. 25th at 10:30 a.m.

Bring your own projects and work alongside your fellow fiber crafters. All skill levels welcome! Learn and inspire one another as you complete your own projects.



Music with Vicki Moore

Thurs. Feb. 26th at 1:00 p.m.

Enjoy Vicki Moore's unique musical abilities as she sings and accompanies herself on her dulcimers.



Aging does not mean you stop having fun; rather, you grow old when you stop embracing joy and playfulness in life.

Tips for Keeping Fun Alive

- 1) Engage in Playful Activities:** Whether it is joining a dance class, playing games, or trying out new hobbies, staying active and engaged can keep the spirit of fun alive
- 2) Laugh Often:** Surround yourself with people who make you laugh. Humor is a great way to maintain a youthful outlook on life.
- 3) Challenge Age-related Stereotypes:** Reject the notion that certain activities are “too young” for you. Embrace what brings you joy!
- 4) Stay Curious:** Explore new interests and experiences. Learning something new can reignite a sense of wonder and excitement.

Name: _____ Date: _____

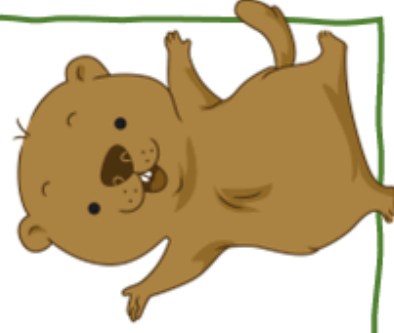
Happy Groundhog Day

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

AWAKE
BURROW
CLOUDS
COLD
DAY
EARLY
EMERGE
FEBRUARY
FORECAST

GROUNDHOG
MAMMAL
MILD
MORNING
PENNSYLVANIA
PHIL
RODENT
SECOND
SEE

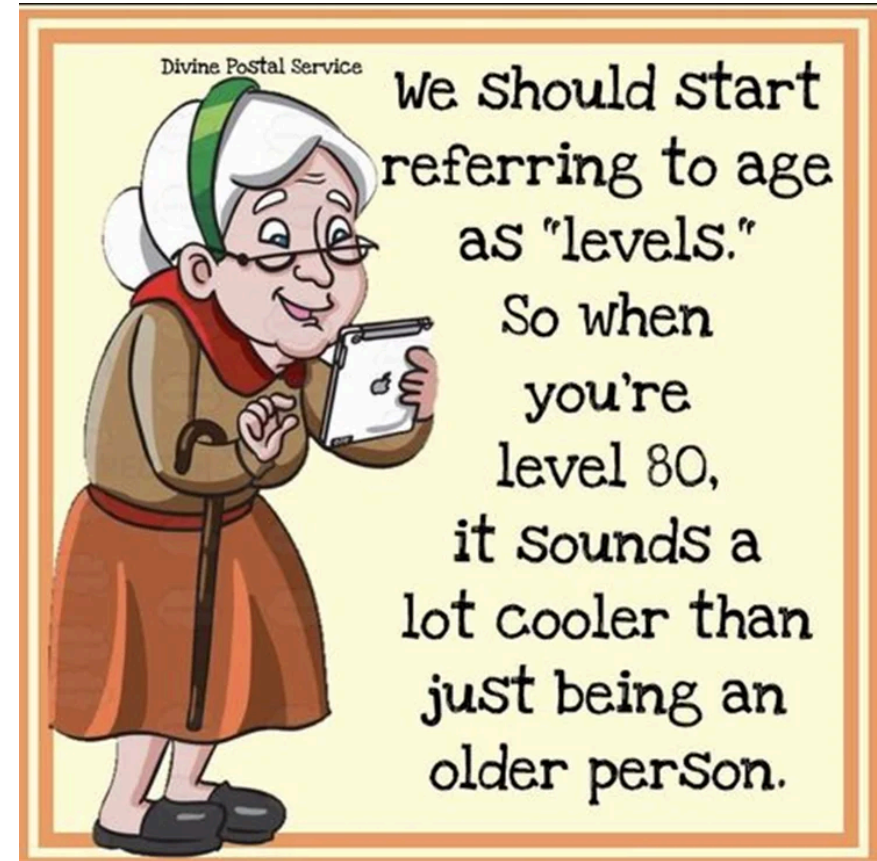
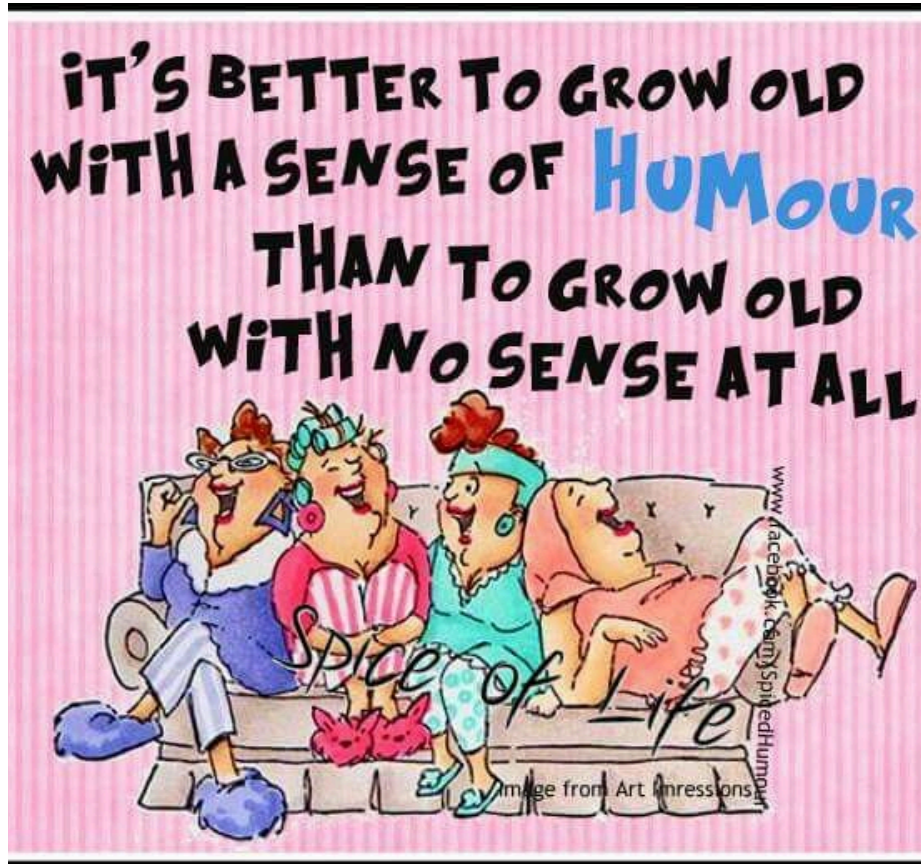
SHADOW
SIX
SPRING
SUN
WEATHER
WEEKS
WINTER





SENIOR FUNNIES

A SMILE A DAY...





Amazing Senior



Meet this month's Amazing Senior, Sue Montegue

Sue moved to Vermont with her husband and 2 sons in the early 70's following a missionary assignment in Columbia, South America. They then added 3 more sons to the family bringing the total to 5 wonderful boys! Sue states that her boys have given her 5 fantastic daughters-in-law along with 15 grandchildren. Best gifts ever!

Sue is a retired clinical dietitian who loves to travel and be involved in her community. Sue reports that she has traveled the world on several Viking cruises. She says that it would be impossible to pick a favorite as they have all been fantastic!

Sue is passionate about the theater and has been a member of the St. Johnsbury Players since 1992. She sings with the White Mountain Voices and volunteers at the St. Johnsbury History and Heritage Center. She is an active member of the Passumpsic Baptist Church and has recently become involved in the OSHER Lifelong Learning Institute.

Sue states that she values the programs offered by the Council on Aging and Good Living Senior Center and looks forward to participating each week in the free exercise and Tai Chi classes that are offered. She says that our community has many wonderful resources and urges others to stay connected and stay involved.

We are proud to recognize Sue as this month's Amazing Senior!



Sue Montegue

**You are
Amazing!**

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.