

| February 2026 | | | | |
|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 1:00 BINGO  | 3 9:00 Arthritis Exercise 10:30 Music with Bud Stevens 1:00 Mah Jongg  | 4 1:00 Cribbage  | 5 9:00 Tai Chi 11:30 Flu Talk by VT Dept. of Health 6:00 TOPS Weight Loss | 6 9:00 Arthritis Exercise 6:00 Game Night |
| 9 1:00 BINGO  | 10 9:00 Arthritis Exercise 1:00 Mah Jongg  | 11 10:30 Crafting Buddies 1:00 Cribbage  | 12 9:00 Tai Chi 1:00 Valentine Social Cost by Donation 6:00 TOPS Weight Loss | 13 9:00 Arthritis Exercise 10:30 Book Club <i>Democracy Awakening</i> by Heather Cox Richardson 6:00 Game Night |
| 16 1:00 BINGO  | 17 9:00 Arthritis Exercise 1:00 Mah Jongg  | 18 1:00 Cribbage  | 19 9:00 Tai Chi 1:00 Music with DebHampson 6:00 TOPS Weight Loss | 20 6:00 Game Night |
| 23 11:30 Telehealth Fraud Info Session 1:00 SUPER BINGO BINGO! 1:30 Memoir Writers | 24 Foot Clinic Day-reservation required 9:00 Arthritis Exercise 1:00 Mah Jongg  | 25 10:30 Fiber Buddies 1:00 Cribbage  | 26 9:00 Tai Chi 1:00 Music with Vicki Moore 6:00 TOPS Weight Loss | 27 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 | | | | |