

Hella

MARCH



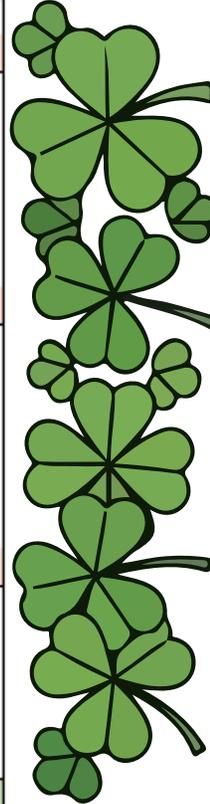
goodliving
SENIOR CENTER



March 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 Telehealth Fraud Info Session</p> <p>1:00 Music with HubStar Harmony </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>11:30 Fraud Alert by Passumpsic Bank</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 March 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>Ride of Her Life</i> by Elizabeth Letts</p> <p>6:00 Game Night</p>
<p>16</p> <p>1:00 BINGO </p>	<p>17</p> <p><small>Foot Clinic Day-reservation required</small></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>1:00 BINGO </p>	<p>24</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg </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 Willie Edwards </p> <p>6:00 TOPS Weight Loss</p>	<p>27</p> <p>6:00 Game Night</p>
<p>30</p> <p>1:00 SUPER BINGO BINGO!</p>	<p>31</p> <p>9:00 Arthritis Exercise</p> <p>1:00 Mah Jongg </p>			





Upcoming March Special Events & Activities

Bud Stevens

Tues., Mar. 3rd at 10:30 a.m.
Listen as Bud performs all your favorite country songs.



Telehealth Fraud

Thurs., Mar. 5th at 11:30 a.m.
Learn how to protect yourself from the fraud relating to telehealth.



Music with HubStar Harmony

Thurs., Mar. 5th at 1:00 pm
Come sing along to your favorite tunes provided by HubStar Harmony.



Scam Alert with Passumpsic Bank

Monday, Mar. 9th at 11:30 am
Learn how to protect yourself from the the latest scams perpetrated against older adults in our communities.



Crafting Buddies

Wed., Mar. 11th at 10:30 a.m.
Let your creative juices flow while working alongside your fellow crafters. New crafts each month!



March Social

Thurs., Mar. 12th at 1:00 p.m.
Come enjoy meeting old and new friends while indulging in some decadent homemade treats. (cost by donation)



Book Club

Friday, Mar. 13th at 10:30 a.m.
Ride of Her Life by Elizabeth Letts
Copies of the book are available at the Athenaeum.



Foot Care Clinic

Tuesday, Mar. 17th
Reservations required- call 748-8470
Treat yourself to professional foot care offered by Bev Sinclair, RN
\$40 cash or check



Music with Deb Hampson & Friends

Thurs. Mar. 19th at 1:00 p.m.
Sing along with Deb Hampson & friends as they play some of your favorite tunes.



More Special Events & Activities

Fiber Buddies

Wed., Mar. 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.



Willie Edwards & Friends

Thurs., Mar. 26th at 1:00 p.m.
Enjoy the musical stylings of recording artist Willie Edwards & his multi-talented friends.



Social engagement is important for people's well-being, regardless of their age. Yet, it's probably most vital during a person's senior years because older adults and the elderly are sometimes more susceptible to social isolation than younger people. Besides, it can be fun and refreshing to take advantage of social opportunities that let you share and connect with others who are in similar situations. Along with helping you navigate all of the changes that come with growing older, taking care of your social well-being provides mental and physical health benefits.

Recreation is important for seniors because having an active social life helps prevent depression as well as Alzheimer's and other types of dementia. And intellectual stimulation helps keep your mind sharp.

You can learn new knowledge and skills while also having fun. But to do that, you need to find social events that interest you. Thankfully, making senior friends and staying socially active is quite easy if you're willing to venture out and try new things with us.



Name: _____

Date: _____



MARCH

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.

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

BASKET

BLOOM

BUTTERFLY

CHICK

CROCUS

DAFFODIL

DAYLIGHT

EASTER

EQUINOX

FLOWER

GREEN

HATCHING

IRISH

KITE

LAMB

LION

LUCKY

MARCH

NEST

RAIN

REBIRTH

RENEWAL



ST. PATRICK

SUNSHINE

TULIP

WINDY



SAVINGS

SEASON

SHAMROCK

SPRING



A SMILE A DAY...



I don't want
to make
anyone
jealous
but i can
still fit into
the earrings
I wore in
highschool

1



Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?

9. Do you have an oxygen tank?
Because you took my breath away.

8. Like to come by and see my
medicine cabinet?

7. Make like a compression sock
and give me a squeeze!

6. Ever had a lap dance in a
wheel chair before?

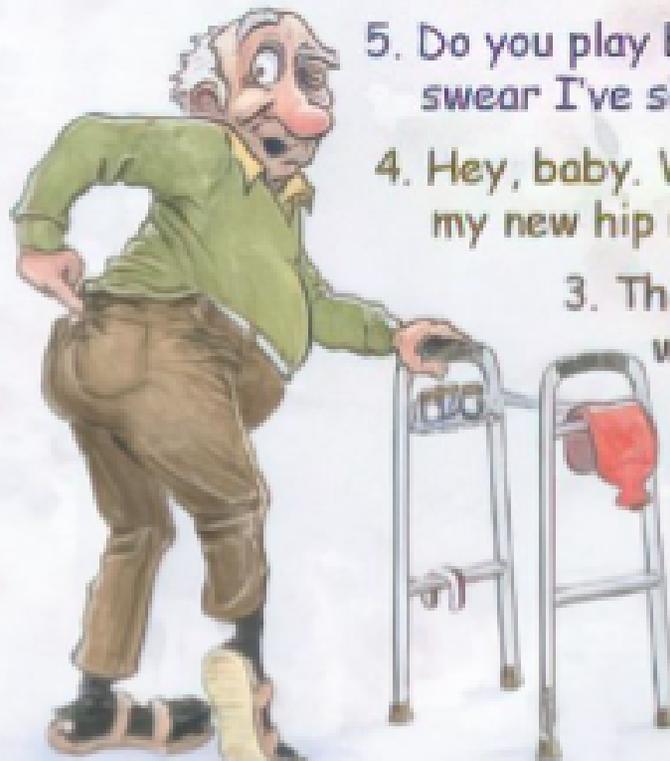
5. Do you play bingo, because I
swear I've seen you B4.

4. Hey, baby. Wanna help me test
my new hip replacement?

3. That pretty smile of yours
would sure look good in a
glass on my nightstand!

2. You're not dead yet
either? We have so
much in common!

1. Your heating pad
or mine?





Amazing Senior

Meet Patricia Anderson, this month's Amazing Senior



After a thriving 32-year career as an executive for two software engineering corporations, in Massachusetts, Patricia retired from her position as a COO in 2016. It was then she turned her attention to work she loved and felt more attuned to her core values that began as a young adult, where she grew up in California.

In addition to studying Fine Arts at Northern Arizona University, Patricia attended the Yoga Institute of America, in San Francisco. She taught yoga to blind adults at the Light House for the Blind in San Francisco; and collaborated with a leading psychiatrist on a project supporting children with cancer and visual impairments. Their work focused on techniques to assist blind children to expand their perception beyond their fears and learn to be more fully perceptive of our surroundings. Patricia says that when we learn to be present, wisdom is more accessible - a truth that touched everyone involved.

Life for Patricia has included her love of travel, which in a modest manner included visiting Vermont for many years. The work she did as an executive allowed her to benefit from working “remotely” before it became well known. That allowed Patricia to make the leap to settle in Vermont, in 1999. While continuing her professional career, in 2004, Patricia began studying Golden Ball Tai Chi, eventually deepening her practice with the renowned Master Lam Kam Chuen. For nearly 20 years, she has led Golden Ball Tai Chi classes through the Council on Aging. Golden Ball Tai Chi has expanded in popularity to now additionally include five trained leaders, offering four in-person sessions and one Zoom class per week. Patricia's class meets every Thursday at 9:00 a.m. at the Good Living Senior Center.

Patricia views Golden Ball Tai Chi as a gift – one she loves to share. She notes that the practice improves balance, boosts stamina, builds community, and encourages a sense of calm. Guided by kindness, she strives to ensure everyone feels seen, included, and appreciated. Approaching her 80th birthday this August, Patricia says Golden Ball Tai Chi has enriched her life in countless ways, and she takes great joy in bringing that benefit to others.

We are blessed to have Patricia as part of our program and honored to call her this month's Amazing Senior.



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.