



Welcome to
April

A new month arrives with fresh beginnings, renewed energy, and brighter days ahead. May this season inspire growth, positivity, meaningful progress, and steady steps toward the goals you continue pursuing.

goodliving
SENIOR CENTER



April 2026



Monday	Tuesday	Wednesday	Thursday	Friday
		1 April Fool's Day! 1:00 Cribbage 	2 9:00 Tai Chi 6:00 TOPS Weight Loss	3 9:00 Arthritis Exercise 6:00 Game Night
		6 1:00 BINGO 	7 9:00 Arthritis Exercise 10:30 Music with Bud Stevens 1:00 Mah Jongg 	8 10:30 Crafting Buddies 1:00 Cribbage
13 1:00 BINGO 	14 9:00 Arthritis Exercise 1:00 Mah Jongg 	15 1:00 Cribbage 	16 9:00 Tai Chi 1:00 Music with DebHampson 6:00 TOPS Weight Loss	17 9:00 Arthritis Exercise 6:00 Game Night
20 1:00 BINGO 	21 9:00 Arthritis Exercise 1:00 Mah Jongg 	22 10:30 Fiber Buddies 1:00 Senior Investment Fraud Presentation 1:00 Cribbage 	23 9:00 Tai Chi 1:00 April Social Event Old-Fashioned Treats 6:00 TOPS Weight Loss	24 9:00 Arthritis Exercise 10:30 Book Club <i>Properties of Thirst</i> by Marianne Wiggins 6:00 Game Night
27 1:00 SUPER BINGO BINGO!	28 <small>Foot Clinic Day-reservation required</small> 9:00 Arthritis Exercise 1:00 Mah Jongg 	29 1:00 Cribbage 	30 9:00 Tai Chi 6:00 TOPS Weight Loss	

Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819

802-748-8470 Goodliving@vtlink.com

Kimberly White - Executive Director



Upcoming April Special Events & Activities



Bud Stevens

Tues., April 7th at 10:30 a.m.

Listen and sing-along as Bud performs all your favorite country songs.



Crafting Buddies

Wed., April 8th at 10:30 a.m.

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

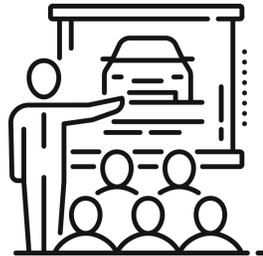


Senior Driver Safety Presentation

Thurs., April 9th at 1:00 pm

“Keeping the Keys” - a *FREE* 1-hour workshop focusing on:

- How driving changes with age
- How to safely adapt your driving
- How medications may impact driving
- Vehicle safety, comfort, and fit
- resources to extend driving careers



Book Club

Friday, April 24th at 10:30 a.m.

Properties of Thirst by Marianne Wiggins

Copies of the book are available at the Athenaeum.



Music with Deb Hampson & Friends

Thurs. April 16th at 1:00 p.m.

Sing along with Deb Hampson & friends as they play some of your favorite tunes.



Foot Care Clinic

Tuesday, April 28th

Reservations required- call 748-8470

Treat yourself to professional foot care offered by Bev Sinclair, RN
\$40 cash or check



More Special Events & Activities

Fiber Buddies

Wed., April 22nd 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.



Senior Investment Fraud

Wed., April 22nd at 1:00 pm

Learn how to protect your investments and avoid scams perpetrated against seniors.



The old things are still the best:
old jeans, old jokes, old tunes,
old movies...and old friends.



April Social

Thursday, April 23rd at 1:00 pm

Come enjoy meeting old and new friends while indulging in some decadent homemade treats. This month we will focus on your favorite “old-fashioned” desserts - reminiscent of your “younger” years!

(cost by donation)



Social engagement and recreation is important for seniors. Having an active social life helps prevent depression as well as Alzheimer’s and other types of dementia. Intellectual stimulation helps keep your mind sharp. Staying socially active is easy if you are willing to venture out and try new things. *Come try new things with US!!!*

April Word Search

EASTER ROLLS **FRESH FRUIT** **SALAD** **YELLOW** **HAM**
BLUESKY **PASTELS** **LIGHT BLUE** **RAINBOW** **EGGS**
LIGHT GREEN **BIRDS** **RAIN SHOWERS** **LAMB** **CROSS**
BIRDNEST **ROSES** **DAFFODIL** **GRASS** **CROCUS**
CANDY **CHICKS** **FLOWERS** **SPRING** **BUTTERFLIES**
BUNNIES **CHOCOLATE** **TULIPS** **EASTER** **APRIL FOOLS**

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



A SMILE A DAY...



"I replace forgotten memories with stuff I make up."



Amazing Senior

Meet Sheri Colby Schenck , this month's Amazing Senior

Some people have a natural warmth that you feel the moment you meet them. Sheri Colby Schenck is one of those people. With her welcoming smile and kind presence, she has a way of making everyone feel instantly at ease.

A true local, Sheri has spent her life in the greater St. Johnsbury area and is a proud graduate of St. Johnsbury Academy. For more than 38 years, she has called Passumpsic home. Together with her husband, she has raised four wonderful children and now enjoys being a grandparent, with another grandchild eagerly on the way.

Sheri currently serves as the leader of the Arthritis Exercise Group at the Good Living Senior Center, which meets Tuesday and Friday mornings. Her journey with the group began about four years ago when she joined as a participant alongside her sister, Gloria. At the time, Sheri was recovering from knee replacement surgery and was searching for a way to rebuild strength and improve her overall health. As she puts it, the classes “did the trick.”

After six months, Sheri stepped into the role of backup leader, and about two and a half years ago, she became the group's full-time leader—a role she has embraced ever since.

Sheri describes the group as a place that “gets you moving” in a supportive, non-competitive environment. Following guidelines from the Arthritis Foundation, she thoughtfully adapts exercises to suit individual needs and abilities. The classes are open to everyone—no arthritis required—and participants of all fitness levels are welcome.

Most importantly, Sheri makes sure every class is enjoyable. Her energy and enthusiasm create an atmosphere where staying active is not just beneficial—it's FUN.



We are proud to recognize Sheri Colby Schenck as 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.